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ABSTRACT

This guide describes publications and other resources suitable for use in a nutrition-related health education program for migrant farmworkers and their families. Materials were selected to serve farmworker populations with low literacy levels or limited knowledge of English. Included are pamphlets, manuals, videos, fact sheets, and booklets produced by: migrant health centers; migrant Head Start programs; farmworker employment and training programs; cooperative extension offices; and federal, state, and private agencies. Each entry includes title and date; publisher and address; format; language (English, Spanish, Creole, Vietnamese, Chinese, Portuguese, Cambodian, Laotian, Hmong, Thai, and Filipino); target audience; price; distributor address and telephone number; and a summary. Materials are listed by the following subjects: (1) general nutrition, (2) pregnancy, (3) breastfeeding, (4) infant feeding, (5) feeding the young child, (6) cardiovascular-related issues, (7) food preparation and storage, (8) dental care, (9) diabetes, (10) cancer, (11) weight management, (12) alcohol and drugs, and (13) miscellaneous. A directory lists organizations in each state that can be contacted for additional information. Also included are two indexes that list materials by publisher and by language. (LP)

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ASSOCIATION OF FARMWORKER OPPORTUNITY PROGRAMS

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FARMWORKER NUTRITION EDUCATION RESOURCE GUIDE

MAY 1993

RC 019189

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Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

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as prepared for *The U.S. Department of Health and Human Services, Administration for Children and Families, Office of Community Services*

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This publication is free.

Farmworker Nutrition Education Resource Guide May 1993

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Association of Farmworker Opportunity Programs

Introduction

The Association of Farmworker Opportunity Programs is pleased to introduce the *Farmworker Nutrition Education Resource Guide*, dedicated to farmworker service providers who are often hard-pressed to serve a growing population of migrant and seasonal farmworkers. This is the first guide designed to answer the long-standing need to list and survey available nutrition-education resources suitable for farmworker communities. We hope that this publication will be an invaluable guide for farmworker service providers who wish to begin or to improve a nutrition-related health education program for farmworkers.

The *Farmworker Nutrition Education Resource Guide* could not have been completed without a generous grant from the U.S. Department of Health and Human Services, Administration for Children and Families at the Office of Community Services.

Need and Selection

Although farmworkers are among the most economically disadvantaged and isolated populations in this country, they use only a fraction of the health-related services for which they are eligible. Even when services are provided, there are often no readily available educational materials in the appropriate language, reading level, or on the needed nutrition topic.

Based upon the responses of a recent national survey conducted by AFOP of service providers, we have selected materials targeted for the "harder to serve" farmworker populations---people with low literacy levels, limited knowledge of English, who are economically disadvantaged, and predominately performing agricultural work. Those polled voiced an overwhelming need for culturally-specific nutrition education materials in languages other than English and on topics more varied than the four food groups. Given these findings regarding ethnic diversity, literacy levels, and varying nutritional needs, we have selected documents which we felt were the most appropriate for the majority of farmworker groups.

We have included materials received from migrant health centers, migrant head start programs, farmworker employment and training programs, cooperative extension offices, federal and state agencies, as well as for-profit and non-profit sources nationwide. We also have added a list of other organizations located in each state that can be contacted to obtain additional materials. These materials can be used to directly provide farmworkers or similarly disadvantaged populations with nutrition information.

Publications were reviewed according to the following criteria:

- appropriateness for use with farmworkers with limited knowledge of English;
- availability in other languages;
- clarity; and
- sensitivity to farmworkers' nutrition-related needs.

Other materials which we felt were more technical were listed under the "service provider" target group category. These materials will provide additional education to the staff of organizations working with farmworkers.

Many familiar brochures, fact sheets, and manuals which we know are being used could not be listed in the *Farmworker Nutrition Education Resource Guide* for several reasons. When verifying information for this guide, we found that the original distributor no longer had these publications in stock or too few remained on the shelves to be listed. In other instances, publishers of fact sheets and pamphlets failed to list the name and the address of the distributor. Nevertheless, this guide does provide a comprehensive list of the names and sources of materials that are currently available from the original distributor.

Conclusion

Realizing that the shelf-life of publications can be quite short, we have found that the lack of a central clearinghouse of nutrition education materials for low-income, low-literacy minorities (including farmworkers) has created a duplication of efforts from state to state. Often, helpful publications used in one state and targeted to the same group of people are overlooked, duplicated, or just not available in another state. Through the development of this guide, we hope to initiate the first steps of providing some coordination of resources as we collect materials for the creation of a farmworker resource library.

Although we have made every effort to be comprehensive, we cannot claim to have a definitive list. If we have overlooked an important resource, please let us know by completing the Reader Evaluation Form found in the back of this guide. We would welcome any possible additions for a future printing. We hope that you find the *Farmworker Nutrition Education Resource Guide* to be useful to your organization as you continue to serve and empower farmworkers.

Diane Mull, Executive Director
Beth Outterson, Nutrition Project Manager
Gay Moore, Project Assistant

May, 1993

HOW TO USE THIS RESOURCE GUIDE ◆◆◆◆

This guide is divided into 2 main sections: publication listings, and Other Organizations. Copies of the materials in the publications listing can be ordered directly from the distributor, or organization from which we received the publication. Each entry includes the following information:

Publication Title
Publisher
Publisher's Address
Publication Date
Format (Book, Pamphlet, Fact Sheet, Video, etc.)
Language (English, Spanish, Creole, Vietnamese, etc.)
Target Audience (Specific Ethnic and/or Age Group)
Price
Distributor
Distributor's Address
Distributor's Phone Number
Summary

After having researched available farmworker-specific nutrition education materials, we grouped the publications in the following categories. Materials are cross-indexed by subject and may be listed more than once.

General Nutrition
Pregnancy
Breastfeeding
Infant Feeding
Feeding the Young Child
Cardiovascular-Related Issues
Food Preparation and Storage
Dental
Diabetes
Cancer
Weight Management
Alcohol and Drugs
Other

The Other Organizations section of this resource guide includes an alphabetized listing of organizations in each state which may be contacted for additional information. Two indexes list materials by publisher/source and by language. On the final page is a Reader Evaluation Form asking for your comments. We would appreciate all readers taking the time to complete this brief form so that we may know how to improve the *Farmworker Nutrition Education Resource Guide.*

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General Nutrition

♦♦♦♦

10 Tips to Healthy Eating for Kids

International Food Information Council
1100 Connecticut Avenue, NW Suite 430
Washington, DC 20036

Not dated

Pamphlet

English

General, youth

Free single copy; order up to 100=$.50 each; order 101-500=$.45 each. Shipping and handling extra.

Distributor same as above

202/296-6540

Designed to appeal to kids, colorful pamphlet gives the ten tips to eating well, including eating a variety of foods, more fiber, importance of breakfast, settting healthy goals. Puzzle and nutrition quiz on the back.

About Good Nutrition (Spanish title: Sobre La Buena Nutrición)

Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373

1992

Booklet

English, Spanish

Hispanics

Order 1-24=$1.00 each; order 25-99=$.78 each; order 100-499=$.51 each. Shipping and handling extra.

Distributor same as above

800/628-7733

Provides basic information about the five basic food groups. Includes calorie charts, suggested servings, weight charts, recommended calorie intake, nutritional needs of children, teenagers, women and the elderly. Well organized and illustrated.

Anemia

Universal Health Associates, Inc.
1701 K Street, NW Suite 600
Washington, DC 20035-5465

Not dated

Video

Spanish

Hispanics

$89.00

Distributor same as above

202/429-9506

Two doctors discuss the development and symptoms of anemia as it occurs in women, men, children, and pregnant women. Gives common causes along with symptoms and treatment. Gives factors for prevention, along with importance of a healthy diet.

Application and Certification, Massachusetts WIC Program (Spanish title: Solicitud y Certificación, Programa WIC de Massachusetts)

Massachusetts WIC Program
150 Tremont Street, 3rd Floor
Boston, MA 02111

Not Dated

Fact Sheet

English, Spanish

Multiethnic population

Free single copy. Reproduce with permission.

Distributor same as above

617/727-6876

Provides a brief description of the application and certification process of the WIC Program. Simple step-by-step approach is effective. Clever illustrations. Some information specific to MA, format can be adapted. 9th grade reading level.

Ataque al Corazón

UT/TV
University of Texas Health Science Center
7000 Fannin Street, Suite 1111
Houston, TX 77030

Video

Spanish, English

Hispanics

$100.00

Distributor same as above

713/792-5017

Presents information on the causes of cardiovascular disease and the treatments, including a healthy diet and exercise. Discusses the contributions of smoking, and excessive alcohol consumption towards heart disease. Recommends regular medical visits.

Azúcar Anadida en Algunos Alimentos (por Porción)

Connecticut Cooperative Extension Service
College of Agriculture and Natural Resources
University of Connecticut
1376 Storrs Road
Storrs, CT 06269-4066

1984

Fact sheet

Spanish

Hispanics

Free

Distributor same as above

203/486-6271

A simple sheet that illustrates with little spoons the sugar content in some common foods and drinks.

Bajos En Calorías, Altos en Calorías (Series of Four)

Connecticut Cooperative Extension Service
College of Agriculture and Natural Resources
University of Connecticut
1376 Storrs Road
Storrs, CT 06269-4066

1977

Fact Sheet

Spanish

Hispanics

Free

Distributor same as above

203/486-6271

These four fact sheets cover the four food groups: Meats, Dairy, Fruits and Vegetables, and Starch. Each sheet shows on left hand side low calorie foods and on the right are the high calorie foods. Aside from title, no text. Very clear, low-literacy.

Better Health Through Good Nutrition (revised)

Massachusetts WIC Program
150 Tremont St., 3rd Floor
Boston, MA 02111

1985

Pamphlet

English, Spanish

Multiethnic population

Free single copy. Reproduce with permission. Specify language.

Distributor same as above

617/727-6876

Describes WIC in Massachusetts, although format can be adapted for other use. WIC is never defined. Also, states that an applicant must have a medical form completed by a health professional, but not all states require this. 7th grade reading level.

Building a Better Diet

U.S. Department of Agriculture
Food and Nutrition Service
3101 Park Center Drive
Alexandria, VA 22302

1979

Booklet

English

General population

Free single copies. $.28 per 100 copies. Order # PA-1181

Distributor same as above

703/305-2000

A photo-filled booklet colorfully illustrates nutritious foods for an ideal diet. Breaks down food groups into beneficial vitamins and minerals. Salt, Snack, Sweet, and Fat Fact sections included at the end.

Calcium and Osteoporosis (Spanish title: Calcio Y Osteoporosis)

San Diego Department of Health Services
P.O. Box 85222
San Diego, CA 92186-5222

1990

Fact Sheet

Spanish, English

Hispanics, general population

Single copy free. Reproduction available

Distributor same as above

619/236-2705

Promotes good diet and the importance of calcium to prevent osteoporosis. Defines the disease, gives calcium breakdowns certain foods, discusses calcium supplements and exercise.

Camp Health Aide Manual; Teaching Notes, Revised; Program Implementation Guide

Midwest Migrant Health Information Service
St. Mary Center
502 W. Elm Avenue
Monroe, MI 48161

1991

Manual

English, Spanish

Service providers

$25 per 50 of Manual; $25 per 50 of Notes; $15 per 75 of Guide

Distributor same as above

313/966-6890

Teaching Notes, in English, provide teaching guidelines to use Manual more effectively. Manual has basic lessons in sanitation, nutrition, hygiene, pregnancy, first aid, illness. Page-to-page English/Spanish.

Cancer: Reduce Your Risk; Taking Control: Want to Help Reduce Your Cancer Risk?

American Cancer Society, Inc.
1599 Clifton Road, NE
Atlanta, GA 30329-4251
*better to contact local state office

Not dated

Poster

English

General population

Free

Distributor same as above

main: 804/527-3770

Two colorful posters that show what foods you can eat to lower your risk of cancer. Taking Control poster shows shows people exercising, shunning cigarettes and fruit. Reducing Risks shows healthy fruits and vegetables.

Cereals

Central Vermont Community Action Council
15 Ayers Street
Barre, VT 05641

Not dated

Fact sheets

English

Service providers, general population

Free, extra cost shipping and handling.

Distributor same as above

802/479-1053

Focuses on the sugar content of popular breakfast cereals. Lists are broken down into highly recommended, acceptable, acceptable-only occasional use, not recommended, and not acceptable. Comprehensive.

Choose Snacks Wisely (Spanish title: Escoja sus Bocadillos Juiciosamente)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814

Not dated

Pamphlet

English, Spanish

Multiethnic population

Free single copy. $6.00 per 100 copies. Reproduce with permission.

Distributor same as above

916/427-5500

Discusses the selection of healthy snack foods over those with high sugar and fat content. Suggests over 50 snack ideas. Has a special section of snacks to avoid for children. 5th grade reading level.

Conquer Anemia (Spanish title: Vencer la Anemia!)

Colorado Department of Health
Nutrition Services
4210 East 11th Avenue
Denver, CO 80220

1979

Pamphlet

English, Spanish

Multiethinic population

Free single copy. $6.00 per 100 copies. Reproduce with permission.

Distributor same as above

303/692-2310

Briefly describes anemia and foods needed to supply iron in diet. Iron-rich foods listed. Easy to understand definitions and explanations. WIC foods emphasized. Spanish version food items more suitable to Central Americans. 6th grade reading level.

Cooking Up the Pyramid: An Early Childhood Nutrition Curriculum

Clinical Nutrition Services
P.O. Box 133, Gurda Lane
Pine Island, NY 10969

Curriculum

English

Service providers

$20.00, including shipping and handling

Distributor same as above

914/344-8105

Contains 10 units to teach 3-8 year-olds about diet and nutrition. Teachers flexible to choose activities from any unit. Activities geared to Agricultural Day Care centers, Migrant Ed, classes and Head Start programs.

Cross-Cultural Counseling: A Guide for Nutrition and Health Counselors

U.S. Department of Agriculture
U.S. Department of
Health and Human Services

Washington, DC

1986

Manual

English

Service providers

Free. Order #FNS-250

Human Nutrition Information Service
6505 Belcrest Road
Hyattsville, MD 20782

703/305-2000

Designed to assist staff in providing culturally appropriate counseling. Provides basic cultural information about various groups, including Asian and Pacific Americans, African Americans, Hispanic, and Native Americans. Gives references.

Developing Health Education Materials for Special Audiences: Low Literate Adults

American Dietetic Association
216 West Jackson Boulevard, Suite 800
Chicago, IL 60606-6995

1992

Manual

English

Service providers

$14.00 + $2.00 shipping and handling

Distributor same as above

312/899-0040

An accompanying manual to a taped presentation sold separately. Shows effective ways to communicate nutrition information to low-literacy adults, including how to choose meaningful illustrations, literacy evaluation, and effective lettering.

Diet, Nutrition & Cancer Prevention: The Good News

National Cancer Institute
Office of Cancer Communications
Public Inquiries Section
Building 31, Room 10A 24
9000 Rockville Pike
Bethesda, MD 20892

1987

Booklet

English

General population

Free, with special bulk rates.

Distributor same as above

800/4-CANCER

Provides information on how to protect yourself from cancer risks through diet. Encourages a low-fat diet rich in fiber. Gives nutritional breakdowns of common low-fat foods and high-fiber foods. Nicely presented, colorful.

Dietary Guidelines and Your Diet

U.S. Department of Agriculture
Washington, DC

1986

Pamphlets

English

General population

$4.50

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Contains seven Home and Garden Bulletins on nutrition and health enclosed in an envelope. Includes Eat a Variety of Foods, Maintain Desirable Weight, Avoid Too Much Fat, Saturated Fat and Cholesterol; Eat Foods With Adequate Starch and Fiber, etc.

Dietary Guidelines for Americans

U.S. Department of Agriculture
Washington, DC

1989

Poster

English

General population

$3.75

Superintendent of Documents
Government Printing Office
Washington, DC 20402

202/783-3238

Color poster depicting nutritious foods and listing the seven basic principles for a healthy diet. Nutrition tips, a nutrition quiz, and a list of additional U.S. Department of Agriculture also provided.

Dietary Management of Hypertension: Chinese Style

National Audiovisual Center
Customer Services PG
8700 Edgeworth Drive
Capitol Heights, MD 20743-3701

Video

English, Spanish

Hispanics

$80.00, $12.00 for preview

Distributor same as above

301/763-1896

Gives information on fraudulent diet products while reinforcing the fact that the best way to control weight is through good nutrition.

Eating Better When Eating Out Using the Dietary Guidelines

U.S. Department of Agriculture
Washington, DC

1988

Booklet

English

General population

$1.50

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Contains information on ordering foods "your way"; menu reading clues; and diet fact and fiction about fast foods.

Eating Healthy Foods

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109-0592

1988

Booklet

English

General population

$2.00

Distributor same as above

800/232-3472

Provides daily food choices for breakfast, lunch, dinner, and snacks using the exchange lists. A simplified guide to meal planning that uses colorful illustrations.

Eating for Life

U.S. Department of
Health and Human Services
Washington, DC

1988

Booklet

English

General population

$1.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Provides suggestions for eating habits that may reduce the risk of developing heart disease and cancer. Includes tips on shopping, eating out, food preparation, meals, and snacks.

El Sodio...Piénselo Bien

U.S. Department
of Health and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

1991

Booklet

Spanish

Hispanics

Free

Same as Above

301/443-3170

Provides general information on the effect of salt on health, salt found in common foods, how to lower sodium intake in the home. Also gives other information resources. Well designed.

Facts About the Food Stamp Program (Spanish title: El Programa de Cupones para Alimentos)

U.S. Department of Agriculture, Food and Nutrition Service

3101 Park Center Drive

Alexandria, VA 22302

1989

Booklet

English

Service providers

Free. Order #PA-1340

Distributor same as above

703/305-2000

Gives general information about the food stamp program including application, eligibility, stamp use, reporting changes in economic circumstances.

Feeling Good! Iron: Get the Most Every Day.

Iowa Department of Public Health
Nutrition Bureau
3rd Floor, Lucas Building
Des Moines, IA 50319-0075

Not Dated

Fact Sheet

English

General population

Free single copy to WIC agencies. Include mailing label. Reproduce with permission.

Distributor same as above

515/281-4909

Briefly describes importance of iron in the body and food sources of iron. Provides excellent list of iron-rich foods and meal ideas. Includes examples of ethnic foods. 7th grade reading level.

Fiber

Connecticut Cooperative Extension Service
College of Agriculture and Natural Resources
University of Connecticut
1376 Storrs Road
Storrs, CT 06269

1991

Fact sheet

English

General population

Free

Distributor same as above

203/486-6271

Provides illustrations of fiber-rich foods and explains what fiber is and how to add it to your diet. Sheet opens up to small poster with illustrations of food stacked according to its fiber content. Very clear and easy to read.

Food Guide Pyramid

U.S. Department of Agriculture, Human Nutrition Information Service

6505 Belcrest Road

Hyattsville, MD 20782

1992

Booklet

English

General population

Sold in quantities of 100 only, costing $65.00. Order # S/N 001-000-4587-3

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

Explains the pyramid method of a balanced diet. Triangle illustrates the ratios of ideal servings of each of the food groups. Gives calorie breakdown of popular American foods and gives healthier alternatives. Form provided for reader to analyze diet.

Fresh Fruit, Veggies & Water

North Dakota State Department of Health & Consolidated Laboratories
Division of Maternal & Child Health
600 E. Boulevard Avenue
Bismark, ND 58505-0200

1988

Pamphlet

English

General population

Free single copy with self addressed, stamped 9x12 envelope. Reproduce with permission.

Distributor same as above

701/224-2493

Discusses benefits of eating enough fresh fruit, vegetables, and water. Benefits covered are constipation prevention, bladder infection prevention, and weight control. Excellent list of high fiber foods and receipts given. 6th grade reading level.

Full Fields, Empty Cupboards: the Nutritional Status of Migrant Farmworkers in America

Public Voice for Food and Health Policy
1001 Connecticut Avenue, NW
Washington, DC 20036

1989

Report

English

Service providers

$10.00

Distributor same as above

202/659-5930

Discusses the nutritional status of farmworkers in the U.S. Based on a nutritional survey taken during the fall and winter of 1987-88. Reports of excessive rates of nutritional deficiencies and the effects of nutrition-linked disorders.

Guide to USDA Programs for Native Americans

U.S. Department of Agriculture
14th and Independence Avenue, SW
Room 112A
Administration Building
Washington, DC 20250-1320

1992

Reference

English

Service providers

Free

Distributor same as above

202/720-6643

Provides a reference for American Indian and Alaska Native tribal leaders, planners, community leaers, teachers, counselors and individuals for finding out more information about USDA program benefits and contacts. Has nutrition section.

Health Harvest at Home: Eating for the Second 50 Years: It Does Make a Difference; Fat and Your Diet: It Does Make a Difference; Fiber and Your Health: It Does Make a Difference

North Dakota State University
Extension Service Distribution Center
Morrill Hall, P.O. Box 5655
North Dakota State University
Fargo, ND 58105-655

1990

3 Newsletters

English

Service providers, elderly population

Free single copies.

Distributor same as above

701/237-7883

Designed for use for adults over age 50 in rural settings, materials and guide were developed based on results of a pilot project conducted in 12 rural North Dakota communities. Materials include self-admin. quizzes, resource listing, shopping pad.

Healthy Food Choices (Spanish title: Cómo Escoger Alimentos Saludables)

American Diabetes Association
Diabetes Information Service Center
1970 Chain Bridge Road
McLean, VA 22109-0795

1986

Pamphlet

English, Spanish

General population

$.50 each for nonmembers; $.40 each for members. $8.00 for 25.

Distributor same as above

800/232-3472

Explains what is a good diet, recommends daily servings. Guidelines include eating less fat, sugar, and salt while eating more high fiber foods. Provides blank space for nutritionist to suggest diet. Not diabetes-specific. 4th grade reading level.

Healthy Snack Choices, Poor Snack Choices

San Mateo County
Public Health Nutrition Program
225 N. 37th Avenue
San Mateo, CA 94403

Not Dated

Poster

English, Vietnamese, Thai, Chinese, Laotian

Multiethnic population

$6.00 each plus $3.50 postage and handling (limit 10 per mailer).

Distributor aame as above

415/573-2348

Illustrates healthy and poor snack food choices. Color poster with five languages. Message is clear even if one does not speak any of the five languages.

How Much Fat?

Connecticut Cooperative Extension Service

College of Agriculture and Natural Resources
University of Connecticut
1376 Storrs Road
Storrs, CT 06269-4066

1991

Pamphlet

English

General population

Free

Distributor same as above

203/486-6271

Using little spoons to illustrate teaspoons of fat, the factsheet show the fat content of common foods. Opens up into a small poster with various food groups, including meats and proteins, fats and oils, dairy, fruits and vegetables, breads, other.

Iron Foods for Strong Blood (Spanish title: Alimentos con Hierro para Sangre Fuerte y Sana)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814

Not Dated

Pamphlet

English, Spanish

Multiethnic population

Free single copy. $10.00 per 100 copies. Reproduce with permission.

Distributor same as above

916/427-5500

Discusses food with iron and their benefits. A list gives iron content of certain foods, along with 1980 recommended daily allowance. Gives iron content in milligrams for over 70 different foods. Spanish version foods for Mex. Amers. 6th grade reading level.

Iron for Good Health

Colorado Department of Health
Nutrition Services
420 East 11th Avenue
Denver, CO 80220

1986

Pamphlet

English

General population

Free single copy. Reproduce with permission.

Distributor same as above

303/692-2310

Gives excellent information about iron foods and iron absorption. Foods represented in lists are multicultural. Explains why iron is important. Space for reader to write in personal dietary goals to increase iron. 5th grade reading level.

La Buena Nutrición Promueve La Salud

Padres Hispanos En Acción
American Home Economics Association
Nutrition Education Project
1555 King Street
Alexandria, VA 22314

1992

Video

Spanish: Mexican American, Central American, Puerto Rican

Hispanics, low literacy population

Head Start Publications Center
P.O. Box 26417
Alexandria, VA 22313-0417

Three separate 12-min videos for each cultural group, focusing on weight management, growth, anemia, and baby-bottle tooth decay. Follows a novela format.

Make Your Food Dollars Count series (Spanish title: Sáquele el Mayor Provecho a Sus Dólares)

U.S. Department of Agriculture
Food and Nutrition Service
3101 Park Center Drive
Alexandria, VA 22302

1986

Pamphlet

English, Spanish

Hispanics

Free. Order as Pamphlet Series II.

Distributor same as above

703/305-2000

A series of 4 pamphlets (8 total in both languages) that give clear and colorful buying and food preparation tips for vegetables, fruits, and beans (legumes). Stresses importance of using less sugar, salt, and fat.

Make-a-Meal Planner

Iowa Department of Public Health
Nutrition Bureau
3rd Floor, Lucas Building
Des Moines, IA 50319-0075

Not Dated

Fact Sheet

English

General population

Free single copy to WIC agencies. Include mailing label. Reproduce with permission.

Distributor same as above

515/281-4909

A meal-planner tool with endless possibilities. Shows food groups and their uses in various menus. Could be used to introduce solid foods, ways to increase fiber, vegetables, or variety in the diet, or a step in composing a grocery list. 1st grade reading level.

Nutrition Awareness: Good Food Choices for Women in Their Child-Bearing Years

San Diego Department of Health Services
Public Health Services
P.O. Box 85222
San Diego, CA 92186-5222

1991

Pamphlet

English

General population

Free

Distributor same as above

619/236-2705

Briefly divides healthy foods into 6 food groups, discusses some nutrition needs when using the pill or IUD, and includes food sources of folic acid, Vitamin B6, and zinc.

Nutrition Directions: Lesson Plans for WIC Nutrition Education Sessions

Illinois Department of Public Health
Nutrition Services Section
Div. of Health Promotion & Screening
535 W. Jefferson
Springfield, IL 62761

1984

Curriculum

English

General population

Free for less than 10 copies.

Distributor same as above

217/785-2060

A series of WIC group nutrition education session plans cover food shopping and preparation, food groups and anemia, moderation of fats, salt, and sugar. Plans also for pregnant teens, pregnancy and nursing, parenting. 5th grade reading level.

Nutrition Education Resource Guide: An Annoted Bibliography of Educational Materials for the WIC and CSF Programs

U.S. Department of Agriculture
Food and Nutrition Service-SFPD
3101 Park Center Drive, Room 540
Alexandria, VA 22302

1982

Reference

English

Service providers

Free in limited quantities. Order #94

Distributor same as above

703/305-2000

Provides a listing of WIC and CSF programs in the following areas: teaching and study of nutrition, nutrition programs for women, infants, and children.

Nutrition Education for Native Americans: A Guide for Nutrition Educators

U.S. Department of Agriculture
Food and Nutrition Service
3101 Park Center Drive
Alexandria, VA 22302

Not Dated

Manual

English

Native Americans

Free. Order #FNS-249

Distributor same as above

703/305-2000

A collection of photocopied sheets providing information designed to help nutrition educators better understand the nutritional needs of Native Americans.

Nutrition Primer

Alabama Cooperative Extension Service
Auburn University
Auburn, AL 36849

Not dated

Booklet

English

Service providers

Free single copy.

Distributor same as above

205/844-2224

Using a unique format, this brochure discusses general nutrition, covering carbohydrates, fats, proteins, vitamins and minerals, and water. The last section combines all information with a daily food guide. Clear and well-designed.

Nutrition and Your Health: Dietary Guidelines for Americans (Spanish title: La Nutrición y Su Salud: Guías para su Dieta)

U.S. Department of Agriculture
Human Nutrition Information Service
650 Belcrest Road
Hyattsville, MD 20782

1990

Booklet

English, Spanish

Hispanics

Sold in quantities of 100 only, costing $44.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

Gives basic nutrition guidelines for better health, covering weight management, moderation of fatty foods, salt, sugar, and alcohol, benefits of fruits, vegetables, and grains. Includes food and weight guides. Specifies "for Americans". Colorful, clearly designed.

Nutritive Value of USDA-Donated Foods for Schools and Institutions

U.S. Department of Agriculture
Food and Nutrition Service
3101 Park Center Drive
Alexandria, VA 22302

1991

Booklet

English

General population

Free. FNS-255

Distributor same as above

703/305-2000

Gives the nutritional breakdown of foods part of the School Lunch Program. Bulk of booklet consists of nutritional tables of meat and meat alternatives, vegetables and fruits, bread and bread alternatives, and other foods.

Outsmarting the Cookie Monster

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center
12B Forest Park
Durham, NH 03824

1990

Pamphlet

English

General population

Free

Distributor same as above

603/862-2346

Provides guidelines to planning healthy snacks for kids and promotes healthy snacking for children as well as for adults. Also shows that nutritious snacks are less expensive than junk foods.

Patient Education Materials: A Resource Guide

National Maternal and Child Health Clearinghouse
8201 Greensboro Drive
McLean, VA 22102

1991

Reference

English

Service providers

Single copies free.

Distributor same as above

703/821-8955 x254

Lists materials on maternal and child care topics. Topics include women and infant health, child and adolescent health, nutrition, chronic illnesses, and disabling conditions. Has a directory of organizations and federal clearinghouses.

Píntame de Colores: Con Comidas Mexicanas Ricas en Vitamina A

California Department Health Services
Primary Care and Family Health
Primary Health Services Development Program
714 P Street
Sacramento, CA 95814

Not dated

Cookbook

Spanish

Hispanics

Distributor same as above

916/657-1347

A cookbook designed for Mexican-Americans, focusing on foods high in vitamin A. Introduction stresses the importance of these foods in battling high blood pressure, cancer, and heart ailments. Each recipes illustrates vitamin A content. Colorful.

Planificación de Comidas con Alimentos Mexicanoamericanos

American Dietetic Association
216 West Jackson Boulevard
Chicago, IL 60606-6995

1990

Booklet

Spanish

Hispanics

Distributor same as above

312/899-0040

Recommends healthy Mexican-American meals for Mexican-American diabetics. Promotes baking over frying; vegetable oil over lard; limiting fatty foods. Food exchanges are within the Mexican-American traditional diet.

Preparing Foods and Planning Menus Using the Dietary Guidelines

U.S. Department of Agriculture
Washington, DC

1989

Booklet

English

General population

$2.50

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Contains tips for cooking with less sugar, fat, and sodium, a daily guide to food choices. Also provides menu ideas and 10 recipe ideas.

Preventing Anemia for the Adolescent and Adult (Spanish title: Previniendo la Anemia en Jóvenes y Adultos)

Michigan Department of Public Health
3423 N. Logan, P. O. Box 30195
Lansing, MI 48909

1985

Fact sheet

English, Spanish

Multiethnic population

Send request on letterhead, giving form number (H-816) and quantity.

Distributor same as above

517/335-8024

Describes eating behaviors that will prevent anemia in teens and adults. Suggests eating foods high in iron, vitamin C, and taking iron supplements if recommended by health care provider. List of foods limited. Space for iron readings. 9th grade reading level.

Pro Salud: Prevention Is a Family Affair: Wellness (Spanish title: La Prevención Es un Asunto de la Familia: La Salud)

Asociacion Nacional Pro Personas Mayores
(National Association for Hispanic Elderly)
3325 Wilshire Blvd., Suite 800
Los Angeles, CA 90010

Not dated

Booklet

English, Spanish

Hispanics

One of a set of 5 part information packet costing $3.00. Quantity discounts available.

Distributor same as above

213/487-1922

Follows main character Felicidad through her path to health awareness, learning about how nutritious food choices low in fat and salt and high in fiber can promote better health in her family. Also promotes exercise and quitting smoking.

Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines

U. S. Department of Agriculture
Washington, DC

1989

Booklet

English

General population

$3.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Contains quick meal hints, tips on reading food labels, aisle-by-aisle shopping guide, and 18 timesaving recipe ideas.

Sodium Content of Your Food

U.S. Department of Agriculture

Washington, DC

1980

Booklet

English

General population, service providers

$2.25

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Contains a list of foods and selected nonprescription drugs with their sodium content.

Sources of Free or Low-Cost Food and Nutrition Materials

U.S. Department of Agriculture
Food and Nutrition Information Center
10301 Baltimore Boulevard Room 304
Beltsville, MD 20705-2351

1991

Reference

English

Service providers

Free

Distributor same as above

301/504-5719

Consists of a list of organizations that provide free or low-cost food and nutrition information for consumers. Three sections include: Nutrition, Medical, Health Organizations, Food-Related Associations, Food Companies. Multi-lingual publications noted.

Stretch Your Food Dollars (Spanish title: Economize su Dinero)

Massachusetts WIC Program
150 Tremont St., 3rd Floor
Boston, MA 02111

1989

Pamphlet

English, Spanish

Multiethnic population

Free single copy. Reproduce with permission. Specify language

Distributor same as above

617/727-6876

Publicizes WIC, reads like an advertisement. Gives benefits and activities , and notifies those eligible how to contact the WIC office to apply for the program. MA incomes and phone numbers used, but format can be adapted for other states. 10th grade reading level.

Vitamin C

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814

Not Dated

Pamphlet

English

General population

Free single copy. $6.00 per 100 copies. Reproduce with permission.

Distributor same as above

916/427-5500

Discusses vitamin C requirements and food sources. Food preparation and cooking to retain vitamin C presented along with recipes. Good explanation of vitamin C foods. 8th grade reading level.

WIC Competent Professional Authority Training

Michigan Department of Public Health
WIC Program
3500 N. Logan St., Box 30035
Lansing, MI 48909

1984

Manual

English

Service providers

Free

Distributor same as above

517/335-8979

Provides procedures and list of required materials to use for a 2-day WIC training session.

WIC Exchange: Ideas to Help Nutrition Educators Help Clients

U.S. Department of Agriculture
Food and Nutrition Service
3101 Park Center Drive
Alexandria, VA 22302

1990

Manual

English

Service providers

Free. Order # FNS-267

Distributor same as above

703/305-2000

Designed to help nutrition facilitators to plan, implement, and evaluate nutrition education. Includes examples of other nutrition services from WIC programs. Has a suggested reading list. Clearly designed.

What Is a WIC Fair Hearing?

Massachusetts WIC Program
150 Tremont St., 3rd Floor
Boston, MA 02111

1983

Fact Sheet

English, Cambodian, Chinese, Portuguese, Laotian, Spanish, Vietnamese

Multiethnic population

Free single sheet. Reproduce with permission. Specify language.

Distributor same as above

617/727-6876

Explains the concept of WIC fair hearing, which is used to challenge the withdrawal or denial of WIC benefits. Lengthy text, few illustrations, small print, and few headings. Personal and positive writing approach. 7th grade reading level.

Pregnancy

◆◆◆◆

A Love Story for My Unborn Child

Universal Health Associates
1701 K Street, Suite 600
Washington, DC 20035-5465

Video

English, Spanish

Hispanics

$95.00

Distributor same as above

202/429-9506

Uses a multiethnic/multicultural approach to describe the risks of fetal development caused by alcohol, drugs, medication, or smoking during pregnancy. Explains that stopping anytime during pregnancy can increase the chances of having a healthy baby.

A Pregnant Woman Never Drinks Alone

Universal Health Associates
1701 K Street, NW, Suite 600
Washington, DC 20035-5465

Video

English

General population

$95.00

Distributor same as above

202/429-9506

Details the risks of alcohol consumption to fetal development. Fetal Alcohol Syndrome is described in a direct, understandable way, and suggestions are made to help women stop drinking.

Be Good to Your Baby Before It Is Born (Spanish title: Cuide Bien a Su Bebé antes de que Nazca)

March of Dimes
Supply Division, Birth Defects Foundation
1275 Mamaroneck Ave.
White Plains, NY 10605

1988

Pamphlet

English, Spanish

Hispanics

Free single copies. $3.50 for 50 copies.

Distributor same as above

914/428-7100

An introductory guide serves as a supplement. Emphasizes early prenatal care. Includes nutritional needs, weight gain, common problems,and warning signals. Good visuals, multiethnic photographs. 7th grade reading level.

Before the Baby

Universal Health Associates, Inc.
1701 K Street, NW, Suite 600
Washington, DC 20035-5465

Video

English

General population

$69

Distributor same as above

202/429-9506

Educates women on the importance of adequate prenatal care during pregnancy, encourages regular medical visits, healthy diet, and avoiding smoking, alcohol consumption, drugs.

Camp Health Aide Manual; Teaching Notes, Revised; Program Implementation Guide

Midwest Migrant Health Information Service
St. Mary Center
502 W. Elm Avenue
Monroe, MI 48161

1991

Manual

English, Spanish

Service providers

$25 per 50 of Manual; $25 per 50 of Notes; $15 per 75 of Guide

Distributor same as above

313/966-6890

Teaching Notes, in English, provide teaching guidelines to use Manual more effectively. Manual has basic lessons in sanitation, nutrition, hygiene, pregnancy, first aid, illness. Page-to-page English/Spanish.

Diabetes and Pregnancy: What to Expect

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109

1989

Booklet

English

General population, diabetics

$7.25

Distributor same as above

800/232-3472

Focusing on women with type I diabetes, this guide covers the stages of embryonic development, tests to expect, labor and delivery, birth control.

Drugs—Bad for You, Worse for Your Baby (Spanish title: Las Drogas—Malas Para Usted, Peores Para Su Bebe)

Channing L. Bete, Co., Inc.
200 State Road
South Deefield, MA 01373

1992

Booklet

English, Spanish

Hispanics

Order 1-24=$1.00 each; order 25-99=$.78 each; order 100-499=$.51 each. Shipping and handling extra.

Distributor same as above

800/628-7733

Discusses the implications of pregnant women taking drugs or alcohol and how it affects the baby. Encourages good diet, moderate exercise, regular medical visits, and quitting smoking. Good illustrations, well designed.

Eres Lo Que Comes (English title: You Are What You Eat)

Novela Health Foundation
2524 Sixteenth Avenue, South
Seattle, WA 98144

1987

Video, VHS, BETA

Spanish, English

Hispanics

$190.00 each + $3.00 shipping and handling for each program; $15.00 preview available.

Distributor same as above

206/325-9897

In Spanish, English dubbing available, this video follows story of Juanita, an unmarried teenager pregnant for the first time. Deals with nutritional changes she makes before and after a visit the nutritionist, before and after birth.

Food for a Healthy Mother and Baby (Spanish title: Alimentos para una Madre y un Bebé Saludable)

Florida Department of Health and Rehabilitative Services
1323 Winewood Boulevard
Tallahassee, FL 32399-0700

1990

Pamphlet

English, Spanish

Hispanics

Free copy. Reprint with permission.

Distributor same as above

904/488-8985

A pamphlet that opens up to a full page, color photos within a chart vividly offer suggested servings for pregnant mothers. Also gives guidelines for weight gain.

Healthy Foods, Healthy Baby: A Story About How to Eat Right When You Are Pregnant (Spanish title: Alimentos Saludables, Bebé Saludable: Un Cuento Sobre Como Comer Bien Cuando Estás Embarazada)

Philadelphia Department of Public Health
Maternal and Child Health
500 S. Broad Street
Philadelphia, PA 19146

1990

Booklet

English, Spanish

Teens, young adults

Less than 250 copies $.60 each, more than 250 copies $.50 each.

Distributor same as above

717/787-7192

Proper nutrition discussed through dialogue of two teens meeting at a health clinic. Effective tone respects concerns of teens. Has a weight grid to complete at clinic visits. 4th grade reading level.

Hey Baby!

University of Minnesota
Public Health Nutrition
420 Delaware Street, SE
Minneapolis, MN 55455

1988

Video

English

Multiethnic population

$30.00 with $5.00 discount on 10 or more copies.

Distributor same as above

612/626-8604

Video magazine uses clever songs and personal testimonies give insight into the concerns of the pregnant woman. Covers variety of related subjects, including weight reduction during pregnancy, exercise, and proper nutrition. Discusses breastfeeding.

Learning English and Improving Your Family's Health Series: Smoking, Pregnancy, and Your Children's Health

American Friends Service Committee
New York Metropolitan Region
15 Rutherford Place
New York, NY 10003

1988

Brochure

English, Creole

Haitian-Americans

$2.00 for complete series of three booklets.

Distributor same as above

212/598-0972

Tries to convince the pregnant mother to quit smoking by giving basic information on the repercussions of nicotine and carbon monoxide intake once the child is born. Translations and vocabulary list of key words on each page. One of three in a series.

Learning English and Improving Your Family's Health Series: The Importance of Prenatal Care and Breastfeeding

American Friends Service Committee
New York Metropolitan Region
15 Rutherford Place
New York, NY 10003

1986

Booklet

English, Creole

Haitian-Americans

$2.00 for complete series of three booklets.

Distributor same as above

212/598-0972

Provides basic health information for pregnant women before, during, and after pregnancy. Translations and vocabulary list of key words on each page. Promotes breastfeeding, regular medical visits, proper diet.

Learning English and Improving Your Family's Health: Planning a Happy Family

American Friends Service Committee
New York Metropolitan Region
15 Rutherford Place
New York, NY 10003

1986

Brochure

English, Creole

Haitian-Americans

$2.00 for complete series of three booklets.

Distributor same as above

212/598-0972

Provides basic information on the various methods of birth control for both men and women and encourages family planning. Translations and vocabulary list of key words on each page. One of three in a series.

Leche de Mama

La Leche League International
9616 Minneapolis Avenue, P.O. Box 1209
Franklin Park, IL 60131-8209

Not dated

Brochure

Spanish

Mexican-Americans

$.75. Order #95 SP

Distributor same as above

708/455-7730 x250

Shows how to breastfeed properly, discourages bottle feeding, and describes when to introduce whole foods. Well designed, color photos taken of Hispanic mothers, very graphic with few words, clearly gets message across.

More of Mom's Baby Foods: To Help You Gain What It Takes

University of Minnesota
Healthy Infant Outcome Project
420 Delaware Street, SE
Minneapolis, MN 55455

1988

Pamphlet

English

General population

$4.00. Can reproduce with permission.

Distributor same as above

612/626-8604

Suggest proper diet, serving sizes during pregnancy to insure that the proper amount of weight is gained. Effective in involving both nutritionist and reader in weight planning. Food lists include fast foods, ethnic foods. 6th grade reading level.

Nutrición Durante el Embarazo

Universal Health Associates, Inc.
1701 K Street, NW Suite 600
Washington, DC 20035-5465

Not dated

Video

Spanish

Hispanics

$89.00

Distributor same as above

202/429-9506

Two doctors discus the crucial importance of appropriate weight gain and healthy diet during pregnancy. Using colorful graphics and photography, shows foods high in needed nutrients, suggested weight gain, and fetal development.

Nutrition Awareness: Good Food Choices for Women in Their Child-Bearing Years

San Diego Department of Health Services
Public Health Services
P.O. Box 85222
San Diego, CA 92186-5222

1991

Pamphlet

English

General population

Free

Distributor same as above

619/236-2705

Briefly divides healthy foods into 6 food groups; discusses some nutrition needs when using the pill or IUD; and includes food sources of folic acid, vitamin B6, and zinc.

Nutrition Directions: Lesson Plans for WIC Nutrition Education Sessions

Illinois Department of Public Health,
Nutrition Services Section
Div. of Health Promotion & Screening
535 W. Jefferson
Springfield, IL 62761

1984

Curriculum

English

General population

Free for less than 10 copies.

Distributor same as above

217/785-2060

A series of WIC group nutrition education session plans cover food shopping and preparation, food groups and anemia, moderation of fats, salt, and sugar. Plans also for pregnant teens, pregnancy and nursing, parenting. 5th grade reading level.

Nutrition Education Resource Guide: An Annoted Bibliography of Educational Materials for the WIC and CSF Programs

U.S. Department of Agriculture
Food and Nutrition Service-SFPD
3101 Park Center Drive, Room 540
Alexandria, VA 22302

1982

Reference

English

Service providers

Free in limited quantities. Order #94

Distributor same as above

703/305-2000

Provides a listing of WIC and CSF programs in the following areas: Teaching and study of nutrition, nutrition programs for women, infants, and children.

Patient Education Materials: A Resource Guide

National Maternal and Child Health Clearinghouse
8201 Greensboro Drive
McLean, VA 22102

1991

Reference

English

Service providers

Single copies free.

Distributor same as above

703/821-8955 x254,

Lists materials on maternal and child care topics. Topics include women and infants' health, child and adolescent health, nutrition, chronic illnesses and disabling conditions. Has a directory of organizations and federal clearinghouses.

Pregnancy and Your Weight

Oklahoma City Area, Indian Health Center
215 Dean A. McGee Street, NW
Room 409
Oklahoma city, OK 73102

1984

Pamphlet

English

Native Americans

Free single copies. Can reproduce with permission.

Distributor same as above

Stresses the importance of proper weight gain during pregnancy, timing of weight gain, proper diet, and how to get back into shape following childbirth. Patterned after materials produced by the state of California. 6th grade reading level.

Pregnant? Don't Smoke (Spanish title: ¿Encinta? ¡No Fume!)

Channing L. Bete, Co., Inc.
200 State Road
South Deerfield, MA 01373

1992

Booklet

English, Spanish

Hispanics

Order 1-24=$1.00 each; order 25-99=$.78 each; order 99-499=$.51 each. Shipping and handling extra.

Distributor same as above

800/628-7733

Tries to convince the pregnant mother to stop smoking, listing possible complications during pregnancy and infant development as reasons. Suggests ways to quit, including finding support.

Premature Parents: A Module on Nutrition and Teenage Pregnancy

Curriculum Research and
Development Group
College of Education
University of Hawaii
Castle Memorial Annex
1776 University Avenue
Honolulu, HI 96822

1984

Curriculum

English

Teens, young adults

$6.50 + 10% shipping and handling

Distributor same as above

Includes a student worksheet and a teacher's guide. Deals with nutrition-related health guides related to pregnancy. Multiethnic focus, but attention given to Hawaiian culture. Last "activity" addresses prevention. 5th grade reading level.

Prenatal Care

Universal Health Associates, Inc.
1701 K Street, NW Suite 600
Washington, DC 20035-5465

Not dated

Video

English, Spanish, Portuguese, Cambodian, Hmong, Laotian, Vietnamese

Multiethnic population

$69.00 (Portuguese, Cambodian, Hmong, Laotian, and Vietnamese available through special order)

Distributor same as above

202/429-9506

Helps new mothers understand that taking care of a baby begins as soon as pregnancy is diagnosed. Stresses importance of regular prenatal care and gives an overview of common tests. Highlights problems specific to ethnic groups.

Sound Nutrition For Your Pregnancy

American Institute for Cancer Research
Coordinator
Publications Department
1759 R Street, NW
Washington, DC 20009

1987

Booklet

English

General population, service provider

2 copies free, larger orders $.30 per copy

Distributor same as above

202/328-7744

Provides comprehensive information on the dietary needs of a pregnant mother and health factors (morning sickness, lactose intolerance) a pregnant mother may face. Outlines special dietary needs of teenagers, vegetarians, nursing mothers. Glossary provided.

Working with the Pregnant Teenager: A Guide for Nutrition Educators

U.S. Department of Agriculture
U.S. Department of
Health and Human Services
March of Dimes Birth Defects Foundation
Washington, DC

1981

Manual

English

Service providers

Free. Order # PA-1303

U.S. Department of Agriculture
Food and Nutrition Service
3101 Park Center Drive
Alexandria, VA 22302

703/305-2000

Explains why pregnant teenagers (age 17 and below) are at a greater risk for poor pregnancy. Identifies cultural strategies and provides sample lesson plans. References and suggested reading given at end of first 3 sections.

Breastfeeding

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A Mother's Handbook: Combining Breastfeeding with Work or School (Spanish title: Manual para una Madre, Combinando Dar el Pecho con el Trabajo o el Estudio), 2nd edition

Wisconsin Nutrition Project
1045 E. Dayton Street, Room 204
Madison, WI 53703

1983

Brochure

English, Spanish

General population

$.50 per copy for 1-9 copies. $.45 per copy for 10+ copies.

Distributor same as above

Practical, comprehensive booklet on how to prepare mother and baby for the return to work and school while breastfeeding. Has answers to commonly asked questions, dietary needs, and how to handle more common problems. 10th grade reading level.

An Easy Diet for Breastfeeding Mothers

Health Education Associates
6 San Sebastian Way
Sandwich, MA 02563

1988

Pamphlet

English

General population

$.50 per copy. Send self addressed stamped envelope. Discounts available for multiple copies.

Distributor same as above

508/888-8044

Provides information about proper diet and nutrition for nursing mothers. Focuses on reviewing foods and beverages that may or may not upset the baby's digestive tract. Stresses balance of four food groups. 4th grade reading level.

Breastfeeding, revised edition

Professional Research Inc.
930 Pitner Avenue
Evanston, IL 60202

1984

Video, VHS

English,Spanish

Multiethnic population

$295.00

Distributor same as above

708/328-6700

Provides practical instructions for prenatal breast preparation, feeding techniques and scheduling. Addresses advantages and disadvantages of breastfeeding. Has some controversial advice, some social issues not discussed. Spanish edition has English diagram.

Breastfeeding—Getting Started Together (Spanish Title: Dar Pecho: Comenzando Juntos)

International Childbirth Education Association, Inc.
P. O. Box 20048
Minneapolis, MN 55420-0048

1986

Video, VHS

English, Spanish

Multiethnic population

$25.00 + $4.00 shipping and handling

Distributor same as above

Teaches mothers about the nutritional benefits of breastfeeding as well as how to breastfeed. Multiple discussions about maintaining the nutrition of mother as well as infant during breastfeeding. Good presentation of lactation. Script is included.

Eres Lo Que Comes (English title: You Are What You Eat)

Novela Health Foundation
2524 Sixteenth Avenue, South
Seattle, WA 98144

1987

Video, VHS, BETA

Spanish, English

Hispanics

$190.00 each + $3.00 shipping and handling for each program; $15.00 Preview only available

Distributor same as above

206/325-9897

In Spanish, English dubbing available, this video follows story of Juanita, an unmarried pregnant teenager pregnant for the first time. Deals with nutritional changes she makes before and after a visit to the nutritionist, before and after birth.

Health Status of Minorities and Low-Income Groups

Department of Health and Human Services
Washington, DC

1991

Manual

English

Service providers

$18.00, order # S/N 017-000-00257-1

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Includes sections on vital statistics, prevention, reproductive health, chronic and acute disease conditions, injuries, human immunodeficiency virus infection, dental health, mental health, health of older Americans, use of health services.

Helpful Hints for the Nursing Mother

Ohio State University
Breastfeeding Promotion Project
456 W. 10th Avenue
Columbus, OH 43210-1228

1986

Pamphlet

English

Multiethnic population

Single copies free. $20 for 100 copies.

Distributor same as above

This folded sheet provides basic information for nursing mothers. Has useful ideas and answers to common questions. Has good factual information. Varied ethnic groups are represented in the line drawing illustrations. 5th grade reading level.

Hey Baby!

University of Minnesota
Public Health Nutrition
420 Delaware Street, SE
Minneapolis, MN 55455

1988

Video

English

Multiethnic population

$30.00 with $5.00 discount on 10 or more copies.

Distributor same as above

612/626-8604

Video magazine uses clever songs and personal testimonies give insight to the concerns of the pregnant woman. Covers variety of related subjects including weight reduction during pregnancy, exercise, and proper nutrition. Discusses breastfeeding.

La Lactancia al Pecho: Alimentando a Su Bebé con "El Método Natural"

Ross Laboratories
Educational Services
Department 441
625 Cleveland Avenue
Columbus, OH 43215

1989

Booklet

Spanish

Hispanics, service providers

Sold in packages of 25 for $25.00.
Order #G705

Distributor same as above

800/227-5767

Promotes breastfeeding as the "natural way" to feeding infants. Includes breast milk extraction and storage, supplementary feeding, maternal dietary needs, recognizing potential problems. Offers very complete information, multiethnic color photos.

Leche de Mama

La Leche League International
9616 Minneapolis Avenue, P.O. Box 1209
Franklin Park, IL 60131-8209

Not dated

Brochure

Spanish

Mexican-Americans

$.75. Order #95 SP

Distributor same as above

708/455-7730 x250

Shows how to breastfeed properly, discourages bottle feeding, and describes when to introduce whole foods. Well-designed, color photos taken of Hispanic mothers, very graphic with few words, clearly gets message across.

Mothers & Fathers, Have You Thought About Breastfeeding?

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814

Not Dated

Pamphlet

English, Chinese, Vietnamese, Spanish

Multiethnic population

Free single copy with self-addressed, stamped envelope. Reproduce with permission.

Distributor same as above

916/427-5500

Encourages breastfeeding and explains why it is desirable. Answers common questions. Serves as a quick and easy introduction. Message is conveyed by pictures as with words. Several ethnic groups represented. 5th grade reading level.

Nutrition Directions: Lesson Plans for WIC Nutrition Education Sessions

Illinois Department of Public Health,
Nutrition Services Section, Div. of Health
Promotion & Screening
535 W. Jefferson
Springfield, IL 62761

1984

Curriculum

English

General population

Free for less than 10 copies.

Distributor same as above

217/785-2060

A series of WIC group nutrition education session plans cover food shopping and preparation, food groups and anemia, moderation of fats, salt, and sugar. Plans also for pregnant teens, pregnancy and nursing, parenting. 5th grade reading level.

Nutrition Education Resource Guide: An Annoted Bibliography of Educational Materials for the WIC and CSF Programs

U.S. Department of Agriculture
Food and Nutrition Service-SFPD
3101 Park Center Drive, Room 540
Alexandria, VA 22302

1982

Reference

English

Service providers

Free in limited quantities. Order #94

Distributor same as above

703/305-2000

Provides a listing of WIC and CSF programs in the following areas: Teaching and study of nutrition, nutrition programs for women, infants, and children.

Patient Education Materials: A Resource Guide

National Maternal and
Child Health Clearinghouse
8201 Greensboro Drive
McLean, VA 22102

1991

Reference

English

Service providers

Single copies free.

Distributor same as above

703/821-8955 x254,

Lists materials on maternal and child care topics. Topics include women and infants' health, child and adolescent health, nutrition, chronic illnesses, and disabling conditions. Has a directory of organizations and federal clearinghouses.

Prevent Baby Bottle Tooth Decay

National Institute of Dental Research
9000 Rockville Pike 31/2C35
Bethesda, MD 20892

Not dated

Pamphlet

English

General population

Free

Distributor same as above

301/496-4261

Discusses the prevention of baby bottle tooth decay by taking baby bottles out at night, cleaning the pacifier and never dipping it into sugary substances, brushing baby teeth with flouride at age 2 months, weaning. Multiethnic illustrations, clearly designed.

Promoting Breastfeeding: A Guide for Health Professionals Working in the WIC and CSF Programs

U.S. Department of Agriculture
Food and Nutrition Service
3101 Park Center Drive
Alexandria, VA 22302

1984

Manual

English

Service providers

Free. Order # FNS-257

Distributor same as above

703/305-2000

Promotes breastfeeding among low-income women by providing advantages and techniques. Gives comprehensive listing of resources for health, special health situations, books for nursing mothers, audiovisuals, and breastfeeding aids and devices.

Sound Nutrition For Your Pregnancy

American Institute for Cancer Research
Coordinator
Publications Department
1759 R Street, NW

Washington, DC 20009

1987

Booklet

English

General population, service providers

2 copies free, larger orders $.30 per copy.

Distributor same as above

202/328-7744

Provides comprehensive information on the dietary needs of a pregnant mother and health factors (morning sickness, lactose intolerance) a pregnant mother may face. Outlines special dietary needs of teenagers, vegetarians, nursing mothers. Glossary included.

Thinking About Breastfeeding?

Massachusetts WIC Program
150 Tremont Street, 3rd Floor
Boston, MA 02111

1988

Pamphlet

English, Spanish, Portuguese, Cambodian

Multiethnic population

Free single copy. Reproduce with permission. Specify language.

Distributor same as above

617/727-6876

Answers common questions about breastfeeding and lists advantages to the baby and the breastfeeding mother. Has baby asking mother to consider breastfeeding. Question and answer format and daily food guide. Reading level 5th grade reading level.

WIC Cares for the Good of Our Children: Feed Your Baby the Traditiona! Way: Breastfeeding Help Book

Cherokee Nation, WIC Program
P. O. Box 948
Tahlequah, OK 74465

1989

Flipchart

English

Native Americans

$16.00 + $2.00 shipping and handling

Distributor same as above

This "help book" encourages breastfeeding with illustrations and full color photographs. Photos and text instruct new mothers how to breastfeed, making sure the baby is ready. Appropriate for other ethnic groups. 4th grade reading level.

Yes, I Want To Breastfeed! (Spanish title: Sí, Yo Quiero Lactar a Mi Bebé!)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814

Not Dated

Pamphlet

English, Spanish

Multiethnic population

Free single copy. $6.00 per 100 copies. Reproduce with permission.

Distributor same as above

916/427-5500

This folded sheet reviews steps to take in preparation of breastfeeding----before birth as well as at the beginning of breastfeeding. Includes space for name and phone number of a support person. 5th grade reading level.

You Can Breastfeed Your Preterm Baby

Health Sciences Center
for Educational Resources
Distribution Center
SB-56 University of Washington
Seattle, WA 98195

1988

Video, VHS

English

General population

$200 includes 3 videotapes, 3 brochures and 1 poster

Distributor same as above

Tape one aids parents in making the choice to breastfeed. Tape two shows mothers how to express breastmilk, maintain milk supply and store milk. Tape three teaches parents the process of learning to nurse. Excellent video instructions, effective brochure.

Infant Feeding

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Feeding Your Baby Six to Twelve Months (Spanish title: Alimentando a Su Bebé Entre los Seis y los Doce Meses)

Texas Department of Health
Bureau of Maternal and Child Health
Public Health Nutrition
1100 West 49th Street
Austin, TX 78756

1992

Pamphlet

English, Spanish

Hispanics

First copy free. Reprint with permission.
Order # 1-201, 1-201A (Spanish)

Distributor same as above

512/450-3011

Gives basic and visual instructions on feeding infants age 9 mos-12 mos. Warns against over-feeding, feeding sweets and milk. Also offers more tips on food presentation. Back page blanks for counselor name, phone number, and instructions.

Food for Baby's First Year: A Guide to Infant Feeding

Hawaii WIC Program
Ala Moana Health Center
591 Ala Moana Boulevard, Suite 233
Honolulu, HI 96813

1984

Pamphlet

English

General population

Free single copy. Reproduce with permission.

Distributor same as above

Well organized, colorful sheet gives suggestions about when to start feeding certain foods to infants less than 1 year old. Also discusses baby teeth, sweets, choking, and finger foods. Diet suggestions include Hawaiian foods. 5th grade reading level.

Happy Teeth for Healthy Smiles (Spanish title: Dientes Sanos Para Sonrisas Felices)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814

1985

Pamphlet

Spanish, Chinese, Vietnamese, English, Cambodian

Multiethnic population

Free single copy. $8.00 per 100 copies. Reproduce with permission.

Distributor same as above

916/427-5500

Discusses importance of baby teeth and dental health. Also discusses nursing bottle mouth, teaching infant to drink from a cup, good nutrition for healthy teeth. Thorough coverage, well organized format and illustrations. 5th grade reading level.

Helping Baby Grow: Foods in the First Year

Wisconsin Department of Health and Social Services
Division of Health
P.O. Box 309, 1 West Wilson
Madison, WI 53701

1986

Pamphlet

English

General population

Single copy free. Reproduce with permission. Order #POH 4029

Distributor same as above

608/266-1511

Gives dietary suggestions for first year infants. Gives tips for watching for signs of readiness for solid foods, skill development, and teaching to drink from a cup. Does not include tips for serving amounts. Good illustrations. 6th grade reading level.

How to Prepare Powdered Formula

Massachusetts WIC Program
150 Tremont Street, 3rd Floor
Boston, MA 02111

1983

Fact sheet

English, Spanish, Portuguese, Cambodian

Multiethnic population

Free single copy. Reproduce with permission. Specify language.

Distributor same as above

617/727-6876

Clearly illustrated instruction for preparing powdered and concentrated baby formula. Simple instructions clearly presented. No information on washing or sterilizing bottles. Minimal text excellent for low-level or non-readers.

Infant Feeding Guide

Texas Department of Health
Bureau of Maternal and Child Health
Public Health Nutrition
1100 West 49th Street
Austin, TX 78756

1990

Pamphlet

English, Spanish

Hispanics

Free. Reprint with permission. Order #13-1

Distributor same as above

512/450-3011

A useful model for child care offices, features a feeding guide in both languages for infants birth to four months, four months, and five months of age. Spaces for special instructions to the mother and tips are given on the back page.

Is a Chubby Baby a Healthy Baby?

Mississippi Department of Health
WIC Nutrition Program Coordinator
P. O. Box 1700
Jackson, MS 39215-1700

1986

Fact sheet

English

General population

Free single copies to public health agencies and WIC programs. Reproduce with permission.

Distributor same as above

601/960-7829

Discusses reasons and tips to prevent infants from becoming overweight. Simple concepts presented clearly with effective illustrations. Positive writing style. 4th grade reading level.

La Buena Nutrición Promueve La Salud

Padres Hispanos En Acción
American Home Economics Association
Nutrition Education Project
1555 King Street
Alexandria, VA 22314

1992

Video

Spanish: Mexican American, Central American, Puerto Rican

Hispanics, low literacy population

Head Start Publications Center
P.O. Box 26417
Alexandria, VA 22313-0417

Three separate 12-min videos for each cultural group, focusing on weight management, growth, anemia, and baby-bottle tooth decay. Follows a novela format.

Los Primeros Doce Meses: Guía de Alimentación Infantil

California Department of Health Services
Maternal and Child Health Branch
714 P Street
Sacramento, CA 95814

Not dated

Pamphlet

Spanish

Hispanics

Distributor same as above

916/657-1347

Consists of a chart showing suggested foods and 3-month breakdowns of infant growth spanning birth to one year. Intended as a supplementary guide, suggests regular medical visits. Feeding tips are on the back.

Making Your Own Baby Food

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814

Not Dated

Pamphlet

English, Spanish

General population

Free single copy. $6.00 per 100 copies. Reproduce with permission.

Distributor same as above

916/427-5500

Provides instructions for making and storing baby foods using common equipment. Spanish suitable for all Hispanics, few mistakes in translation. 4th grade reading level.

Maternal and Infant Nutrition

Rhode Island Cooperative Extension Service
Expanded Food and Nutrition Education Program
URI Building, Room 213
199 Promenade Street
Providence, RI 02908

1988

Video

English

Multiethnic population

$20.00. Please send check or money order made payable to NRI Cooperative Extension.

Distributor same as above

401/277-3984

Provides nutrition guidance for expectant mothers and mothers of babies up to age one. Mothers are shown introducing their babies to new tastes while learning to carefully plan for a good diet.

Now That Your Child is Over One Year, It's Time to Kick the Bottle Habit

Massachusetts WIC Program
150 Tremont Avenue, 3rd Floor
Boston, MA 02111

1986

Pamphlet

English, Spanish, Portuguese, Cambodian, Laotian

Multiethnic population

Free single copy. Reproduce with permission. Specify language.

Distributor same as above

617/727-6876

Provides reasons why parents should train their infants to use a cup over a bottle as early as possible—by age one. Suggestions for weaning given. Spanish appropriate for those from Puerto Rico. 6th grade reading level.

Nutrition Education Resource Guide: An Annoted Bibliography of Educational Materials for the WIC and CSF Programs

U.S. Department of Agriculture
Food and Nutrition Service-SFPD
3101 Park Center Drive, Room 540
Alexandria, VA 22302

1982

Reference

English

Service providers

Free in limited quantities. Order #94

Distributor same as above

703/305-2000

Provides a listing of WIC and CSF programs in the following areas: teaching and study of nutrition, nutrition programs for women, infants, and children.

Patient Education Materials: A Resource Guide

National Maternal and Child Health Clearinghouse
8201 Greensboro Drive
McLean, VA 22102

1991

Reference

English

Service providers

Single copies free.

Distributor same as above

703/821-8955 x254,

Lists materials on maternal and child care topics. Topics include women and infants' health, child and adolescent health, nutrition, chronic illnesses, and disabling conditions. Has a directory of organizations and federal clearinghouses.

Preventing Nursing Bottle Mouth

Nebraska Department of Health
Nutrition Division
301 Centennial Mall South
Lincoln, NE 68509

Not Dated

Pamphlet

English, Spanish

General population

Free single copy with self addressed, stamped envelope. Reproduce with permission

Distributor same as above

401/471-2781

Discusses causes, treatment, and prevention of nursing bottle mouth. Tips on cleaning baby's mouth, caring for primary teeth, and positive aspects of using flouride. Good graphic illustrations, clear summaries. 8th grade reading level.

Protect Your Child's Teeth: Put Your Baby to Bed With Love, Not With a Bottle

Dental Health Foundation
4286 Redwood Hwy., #261
San Rafael, CA 94903

Not Dated

Pamphlet

English, Chinese, Thai, Cambodian, Laotian, Spanish

Multiethnic population

$.10-$.15 depending on quality. Contact source for sample and order form.

Distributor same as above

Describes the causes of baby bottle tooth decay and tooth protection. Excellent presentation, large and easy to read. Various ethnic groups represented in illustrations. Appropriate for a class handout. 4th grade reading level.

Sound Nutrition For Your Pregnancy

American Institute for Cancer Research
Coordinator
Publications Department
1759 R Street, NW
Washington, DC 20009

1987

Booklet

English

General population, service providers

2 copies free, larger orders $.30 per copy

Distributor same as above

202/328-7744

Provides comprehensive information on the dietary needs of a pregnant mother and health factors (morning sickness, lactose intolerance) a pregnant mother may face. Outlines special dietary needs of teenagers, vegetarians, nursing mothers. Glossary provided.

The First Twelve Months: a Guide to Infant Feeding (Spanish title: Los Primeros Doce Meses: Guía de Alimentos Para el Bebé)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814

Not Dated

Pamphlet

English, Spanish

Hispanic population

Free single copy. $8.00 per 100 copies.

Distributor same as above

916/427-5500

Comprehensive guide describes foods to be fed to an infant, and the stages such foods should be introduced. Coordinated time line of infant age, development, and suggested diet. Shows various lifestyles, ethnic groups. 5th grade reading level.

"Thumbs Up" Food for "Thumbs Up" Babies, Safe or Sorry Series

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center, 12B Forest Park
Durham, NH 03824

1990

Pamphlet

English

General population

Free

Distributor same as above

603/862-2346

Gives suggestions for food preparation to help infants to avoid illness from germs. Stresses general hygiene, proper buying and preparation of baby formula and baby food, breast milk storage. Clearly designed with illustrations. Easy to read.

Weaning Your Infant

Iowa Department of Public Health
Nutrition Bureau
3rd Floor, Lucas Building
Des Moines , IA 50319-0075

Not Dated

Pamphlet

English, Cambodian, Hmong, Laotian, Vietnamese

Multiethnic population

$.11 each. Include mailing label.

Distributor same as above

515/281-4909

Explains how and when to wean infant and train to drink from a cup. Tips given for smooth transition. Has "Weaning Guide" chart. Several ethnic groups in illustrations. 6th grade reading level.

Weaning the Baby from the Bottle

Cherokee Nation WIC Program
P. O. Box 948
Tahlequah, OK 74465

1984

Fact sheet

English

Native Americans

Free single copy. Reproduce with permission.

Distributor same as above

Instructs Native American mother on how to wean the baby from the bottle by age one. Tips on when to start, how to do it. Well-organized text and well-drawn illustrations (Native Americans). 5th grade reading level.

Feeding the Young Child

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10 Tips to Healthy Eating for Kids

International Food Information Council
1100 Connecticut Avenue, NW Suite 430
Washington, DC 20036

Not dated

Pamphlet

English

General, youth populations

Single copy free; Order up to 100=$.50 each; order 101-500=$.45 each. Shipping and handling extra.

Distributor same as above

202/296-6540

Designed to appeal to kids, vibrant pamphlet gives the ten tips to eating well, including eating a variety of foods, more fiber, importance of breakfast, set healthy goals. Puzzle and nutrition quiz on the back.

A Food Guide for the First Five Years: Tips for Feeding Children One Through Five

Education Department
National Live Stock and Meat Board
444 North Michigan Ave.
Chicago, IL 60611

1983

Booklet

English

Service providers

Free. Written requests only. No phone calls accepted.

Distributor same as above

Covers such subjects as maintaining a child's good health, assessing normal growth, feeding tips for young children, understanding weight control, and serving nutritious snacks and beverages. Clearly laid out, multiethnic photos.

Adding Calories Nutritiously: For Women and Children

Tri-County Health Department
Nutrition Division
7000 E. Belleview, Suite 301
Englewood, CO 80111

Not Dated

Pamphlet

English

General population

$.50 per copy or $.25 per copy with self addressed, stamped envelope. $1.50 per 100 copies.

Distributor same as above

Provides ways to gain weight with nutritious foods. Includes lists of snacks and receipts. Good variety presented. 4th grade reading level.

Choose Snacks Wisely (Spanish title: Escoja sus Bocadillos Juiciosamente)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814

Not dated

Pamphlet

English, Spanish

Multiethnic population

Free single copy. $6.00 per 100 copies. Reproduce with permission.

Distributor same as above

916/427-5500

Discusses the selection of healthy snack foods over those with high sugar and fat content. Suggests over 50 snack ideas. Has a special section of snacks to avoid for children. 5th grade reading level.

Feeding the Fussy Eater

Maine WIC Program
151 Capital Street
August, ME 04333

1987

Pamphlet

English

General population

Free single copy, more $.10 each. Reproduce with permission.

Distributor same as above

207/287-5341

Explains how to respond to unusual eating behavior such as poor appetite, refusal to eat, and food dislikes. Presents good suggestions and includes nutrition-rich recipes. 7th grade reading level.

Foods for Young Children: A Guide for Feeding the 1-5 Year Old

Colorado Department of Health
Nutrition Services
4210 East 11th Avenue
Denver, CO 80220

1985

Pamphlet

English, Spanish

Multiethnic population

Free single copy. Specify English (#360) or Spanish (#362). Reproduce with permission.

Distributor same as above

303/692-2310

Describes types and quantities of foods to feed a child and how to encourage healthy eating habits in children. Sample meal pattern and healthy snacks discussed. Colorful and comprehensive. Spanish version in one color only. 7th grade reading level.

Foods to Grow on: Helping Your Child to Gain Weight

Massachusetts WIC Program
150 Tremont Street, 3rd Floor
Boston, MA 02111

1989

Pamphlet

English

General population

Free single copy. Reproduce with permission.

Distributor same as above

617/727-6876

Presents ideas for helping a child gain weight nutritiously. Six recipes and sample menus given that use WIC foods. Menus offer fruits and vegetables, depending on types of snacks provided. 3rd grade reading level.

Happiness Is Good Snacks

Mississippi Department of Health
WIC Nutrition Education Program
Coordinator
P. O. Box 1700
Jackson, MS 39215-1700

1983

Pamphlet

English

General population

Free single copy to public health agencies and WIC programs. Reproduce with permission.

Distributor same as above

601/960-7829

Recommends foods as healthy snacks that promote dental health and are fun to eat. Presents a variety of foods. Categorizes foods into categories such as texture, taste, color, temperature. 4th grade reading level.

Healthy Foods for Happy Kids 1-2 Years (Comidas Saludables para Niños Felices de 1-2 Años)

Texas Department of Health
Public Health Nutrition
Bureau of Maternal and Child Health
1100 West 49th Street
Austin, TX 78756

1992

Pamphlet

English, Spanish

Hispanics

Free. Reprint with permission. Order # 1-47, 1-47A (Spanish)

Distributor same as above

512/450-3011

Gives basic information on nutritious diets for children age 1-2 years, stresses importance of healthy snacks, exercise, weaning. Also provides suggested servings and meal plans. Spanish pamphlet has Spanish foods.

Healthy Foods for Happy Kids 3-5 Years (Spanish title: Comidas Saludables para Niños Felices de 3-5 Años)

Texas Department of Health
Public Health Nutrition
Bureau of Maternal and Child Health
1100 West 49th Street
Austin, TX 78756

1992

Pamphlet

English, Spanish

Hispanics

Free. Reprint with permission. Order # 1-29, 1-29A (Spanish)

Distributor same as above

512/450-3011

Provides basic dietary information for children 3-5 years of age, including importance of healthy snacks, Vitamins A and C, exercise. Offers daily food guide and sample meal plans. Spanish version gives Spanish foods.

Help Your Child Be Heart Healthy

Vermont Department of Health
1193 North Avenue, P. O. Box 70
Burlington, VT 05402

1986

Fact Sheet

English

General population

Free single copy. Reproduce with permission.

Distributor same as above

802/863-7280

Describes health habits to teach children in order to lower risk of heart disease as adults. Gives test to examine eating habits. Geared to needs of children. Emphasizes working together as a family. 6th grade reading level.

Is There a Fussy Eater at Your House? Hints to Make Mealtime More Fun For All

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center
12B Forest Park
Durham, NH 03824

1990

Pamphlet

English

General population

Free

Distributor same as above

603/862-2346

Suggests ways to have children enjoy mealtimes more by letting the child participate in meal planning, offering healthy snacks, and letting the child decide how much to eat.

Nutrition Education Resource Guide: An Annoted Bibliography of Educational Materials for the WIC and CSF Programs

U.S. Department of Agriculture
Food and Nutrition Service-SFPD
3101 Park Center Drive, Room 540
Alexandria, VA 22302

1982

Reference

English

Service providers

Free in limited quantities. Order #94

Distributor same as above

703/305-2000

Provides a listing of WIC and CSF programs in the following areas: teaching and study of nutrition, nutrition programs for women, infants, and children.

Outsmarting the Cookie Monster

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center
12B Forest Park
Durham, NH 03824

1990

Pamphlet

English

General population

Free

Distributor same as above

603/862-2346

Provides guidelines to planning healthy snacks for kids and promotes healthy snacking for children as well as for adults. Also shows that nutritious snacks are less expensive than junk foods.

Patient Education Materials: A Resource Guide

National Maternal and Child Health Clearinghouse
8201 Greensboro Drive
McLean, VA 22102

1991

Reference

English

Service providers

Single copies free.

Distributor same as above

703/821-8955 x254,

Lists materials on maternal and child care topics. Topics include women and infants' health, child and adolescent health, nutrition, chronic illnesses, and disabling conditions. Has a directory of organizations and federal clearinghouses.

Snacks for Healthy Bodies

Alabama Department of Public Health
WIC Division
434 Monroe Street
Montgomery, AL 36130

1989

Pamphlet

English

General population

Free single copy with self addressed, stamped envelope. Reproduce with permission.

Distributor same as above

205/242-5673

Describes foods for healthy snacks for children. Offers unique snacks as well as foods to be avoided by young children. Suggestions helpful. Small print and size. 5th grade reading level.

Un Plan de Alimento Para Su Bebé

Division of Maternal and Child Health
Texas Department of Health
1100 West 49th Street
Austin, TX 78756

1987

Booklet

Spanish

Hispanics

Free. Reprint with permission.

Distributor same as above

512/458-7700

Provides dietary guidelines for infants, including suitable infant foods, formulas, and the introduction of solid foods. Provides translations for infant food labels into Spanish.

Whose Job Is It?; Foodbeat: Promoting the Positive; Foodbeat: Solving Problems

St. Paul, Minnesota Division of Public Health
Office of Cable Communications
717 Delaware Street, SE
St. Paul, MN 55440

1989

Video, VHS

English, Hmong

Multiethnic population

3 programs on one tape $50.00; individual programs $20.00 or $25.00 depending on title.

St. Paul-Ramsey County Nutrition Program
1954 University Avenue, Suite 12
St. Paul, MN 55104

By giving parents video models, promotes good nutrition and appropriate growth of preschool children. Each program is meant to be used alone. Similar to a TV show with example of problems acted out. Fathers represented. Hmong actors used in Hmong version.

Your Growing Child (Spanish title: Crecimiento de su Niño)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814

1985

Pamphlet

English, Spanish

Multiethnic population

Free single copy. $8.00 per 100 copies. Reproduce with permission.

Distributor same as above

916/427-5500

Discusses the role of food choices, eating habits and activity in child growth. Encourages parents to use growth chart to follow child development. Multiethnic illustrations. Good writing approach. 4th grade reading level

Cardiovascular-Related Issues

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Ataque al Corazón

UT/TV
University of Texas Health Science Center
7000 Fannin Street, Suite 1111
Houston, TX 77030

Video

Spanish, English

Hispanics

$100.00

Distributor same as above

713/792-5017

Presents information on the causes of cardiovascular disease and the treatments, including a healthy diet and exercise. Discusses the contributions of smoking and excessive alcohol consumption to heart disease. Recommends regular medical visits.

Controlling High Blood Pressure

Asian Health Services
310 8th Street, Suite 200
Oakland, CA 94607

1992

Pamphlet

English, Chinese, Filipino, Vietnamese

Multiethnic population, Asian Americans

Free single copy, reprint with permission.

Distributor same as above

510/465-3273

Gives the basics about high blood pressure and hypertension, including myths and tips in hypertension control and prevention. Discusses sodium intake, weight and stress control, exercise.

Dietary Management of Hypertension: Chinese Style

National Audiovisual Center
Customer Services PG
8700 Edgeworth Drive
Capitol Heights, MD 20743-3701

Video

English, Spanish

Hispanics

$80.00, $12.00 for preview

Distributor same as above

301/763-1896

Gives information on fraudulent diet products while reinforcing the fact that the best way to control weight is through good nutrition.

Eat Right to Lower Your High Blood Cholesterol

U.S. Department of
Health and Human Services
Washington, DC

1990

Booklet

English

General population

Sold in packages of 40 only. $25.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Tells what foods should be eaten to help lower a person's cholesterol level. Also provides tips on cooking and shopping. Includes a page on "Food to Choose When You Shop" which is detachable. Features large-type print.

Eating for Life

U.S. Department of
Health and Human Services
Washington, DC

1988

Booklet

English

General population

$1.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Provides suggestions for eating habits that may reduce the risk of developing heart disease and cancer. Includes tips on shopping, eating out, food preparation, meals, and snacks.

Help Your Child Be Heart Healthy

Vermont Department of Health
1193 North Avenue, P. O. Box 70
Burlington, VT 05402

1986

Fact Sheet

English

General population

Free single copy. Reproduce with permission.

Distributor same as above

802/863-7280

Describes health habits to teach children to lower risk of heart disease as adults. Gives test to examine eating habits. Geared to needs of children. Emphasizes working together as a family. 6th grade reading level.

Hypertension

UT/TV
University of Texas Health Science Center
7000 Fannin Street, Suite 1111
Houston, TX 77030

Video

English, Spanish

Hispanics

$100.00

Distributor same as above

713/792-5017

Stresses the importance of preventing hypertension through regular check-ups and healthy diet.

Píntame de Colores: Con Comidas Mexicanas Ricas en Vitamina A

California Department Health Services
Primary Care and Family Health
Primary Health Services
Development Program
714 P Street
Sacramento, CA 95814

Not dated

Cookbook

Spanish

Hispanics

Distributor same as above

916/657-1347

A cookbook designed for Mexican-Americans, focusing on foods high in vitamin A. Introduction stresses the importance of these foods in battling high blood pressure, cancer, and heart ailments. Each recipes illustrates Vitamin A content. Colorful.

Pro Salud: Prevention Is a Family Affair: Heart (Spanish title: La Prevención Es un Asunto de la Familia: El Corazón)

Asociación Nacional Pro Personas Mayores
(National Association for Hispanic Elderly)
3325 Wilshire Blvd., Suite 800
Los Angeles, CA 90010

Not dated

Booklet

English, Spanish

Hispanics

Part of 5-piece packet; packet costs $3.00 but discounts available in large quantities.

Distributor same as above

213/487-1922

Colorful booklet in both languages, answers common questions about dietary and medicinal treatment of high blood pressure---focus on diet. Follows one character through her continuing treatment. Multiethnic illustrations . Well organized, nice format.

Risk Factors of Heart Disease

Milner-Fenwick, Inc.
2125 Greenspring Drive
Timonium, MD 21093

Video

English

General population

$250.00. Quantity discounts available.

Distributor same as above

410/252-1700

Patients learn how to reduce their risk of heart attack by minimizing or eliminating controllable risks such as high blood pressure, smoking, and high cholesterol. Suggests overall life style changes to help patients reduce risks.

So You Have High Blood Cholesterol

U.S. Department of Health and Human Services
Washington, DC

1987

Booklet

English

General population

$1.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Intended to answer many of the questions someone may have about high blood cholesterol level. Also includes a glossary of commonly-used terms.

Food Preparation, Hygiene, and Storage

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Quick Consumer Guide to Safe Food Handling

U.S. Department of Agriculture
Food Safety and Inspection Service
Publications
12th and Independence Avenue, SW
Room 1165
Washington, DC 20250

1990

Pamphlet

English

Service providers, general population

Free

Same as above

202/690-0351

Traces each step in food handling, from shopping to preparing leftovers, to avoid food poisoning. Opens up to two charts of refrigerator and freezer temperatures for cold storage, cooking temperatures, and what to do when the power's out.

Child Care Food Program

Central Vermont Community Action Council
15 Ayers Street
Barre, VT 05641

Not dated

Brochure

English

Service providers, general population

Free, extra cost for shipping and handling

Distributor same as above

802/479-1053

Gives safety tips on household hygiene and safe food handling. Also covers proper refrigeration, freezing, and canning. Has chart in English and Spanish about how to sanitize with Clorox Bleach. Last section features how to spot unsafe foods.

Cómo Hector Se Enfermó (English title: How Hector Got Sick)

U.S. Department of Agriculture
Food Safety and Inspection Service
Publications
12th and Independence Avenue, SW
Room 1165
Washington, DC 20250

Not dated

Pamphlet

Spanish, English

Hispanics

Free

Same as Above

202/690-0351

Bilingual pamphlet opens into a larger poster. Realistic sketches tell the story of why Hector became sick after eating food left outside too long. Explains the role of germs, medical treatment. Illustrations in frames, sympathetic to time limitations of working parents.

Cooking for People with Food Allergies

U.S. Department of Agriculture
Washington, DC

1988

Booklet

English

General population

$1.50

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Provides information to help in selecting and preparing foods that do not contain milk, eggs, corn, or wheat; tips to help recognize these ingredients in prepared foods; and recipes designed to help avoid them.

Diarrhea (Spanish title: Diarrea)

Texas Department of Health
Bureau of Maternal and Child Health
1100 West 49th Street
Austin, TX 78756

1992

Pamphlet

English, Spanish

Hispanics, general population

Free first copy. Reprint with permission.
Order # 1-25, 1-25A (Spanish)

Distributor same as above

512/458-7700

Provides basic information on the causes and treatments of diarrhea when contracted by infants. Prevention encouraged through personal hygiene for adults and infants. Illustrations make pamphlet useful for low-literacy clients.

Make Your Food Dollars Count series (Spanish title: Sáquele el Mayor Provecho a Sus Dólares)

U.S. Department of Agriculture
Food and Nutrition Service
3101 Park Center Drive
Alexandria, VA 22302

1986

Pamphlet

English, Spanish

Hispanics

Free. Order as Pamphlet Series 2

Distributor same as above

703/305-2000

A series of 4 pamphlets (8 total in both languages) that give clear and colorful buying and preparation tips for vegetables, fruits, and beans (legumes). Stresses the importance of using less sugar, salt, and fat.

Para Conservar Las Vitaminas En Los Vegetales

Connecticut Cooperative Extension Service
College of Agriculture and Natural Resources
University of Connecticut
1376 Storrs Road
Storrs, CT 06269

1984

Fact sheet

Spanish

Hispanics

Free

Distributor same as above

203/486-6271

Briefly and visually explains how to cook vegetables to retain their vitamins. Recipes and times needed to steam-cook are provided on the back.

Píntame de Colores: Con Comidas Mexicanas Ricas en Vitamina A

California Department Health Services,
Primary Care and Family Health
Primary Health Services Development Program
714 P Street
Sacramento, CA 95814

Not dated

Cookbook

Spanish

Hispanics

Distributor same as above

916/657-1347

A cookbook designed for Mexican-Americans, focusing on foods high in vitamin A. Introduction stresses the importance of these foods in battling high blood pressure, cancer, and heart ailments. Each recipes illustrates vitamin A content. Colorful illustrations.

Preparing Foods and Planning Menus Using the Dietary Guidelines

U.S. Department of Agriculture
Washington, DC

1989

Booklet

English

General population

$2.50

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Contains tips for cooking with less sugar, fat, and sodium and a daily guide to food choices. Also provides menu ideas and 10 recipe ideas.

Searching for Ways to Keep Costs Down: Making Choices about Fast Foods and Convenience Foods

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center
12B Forest Park
Durham, NH 03824

1990

Pamphlet

English

General population

Free

Distributor same as above

603/862-2346

Clearly and easily compares the cost advantages of home-cooked meals to fast-food meals. Also discusses briefly surplus commodities from the USDA distributed by Community Action Programs.

Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines

U. S. Department of Agriculture
Washington, DC

1989

Booklet

English

General population

$3.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Contains quick meal hints, tips on reading food labels, aisle-by-aisle shopping guide, and 18 timesaving recipe ideas.

Stop the Food Spoilers: Food Safety Tips Anytime...All the Time...

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center
12B Forest Park
Durham, NH 03824

1990

Pamphlet

English

General population

Free

Distributor same as above

603/862-2346

Explains how to prevent food spoilage and illness with illustrations and an easy list of things to do and not do. Covers refrigeration, hygiene, stovetop cooking, and thawing meats.

The ABCs of Clean: A Handwashing and Cleanliness Education Program

Soap and Detergent Association
475 Park Avenue South
New York, NY 10016

1990

Cassette, booklets

English, Spanish

Children, multiethnic population

$10.00 for the complete program; $3.50 each for class packet (all except videotape)

Distributor same as above

202/725-1262

Kit includes storybook, two posters, matching game, a take-home story, and audiocassettes, videotape and a teacher and parent guide. Focuses on handwashing and surface cleaning to help reduce the spread of infectious diseases.

"Thumbs Up" Food for "Thumbs Up" Babies, Safe or Sorry series

New Hampshire Cooperative Extension
University of New Hampshire
Publications Center, 12B Forest Park
Durham, NH 03824

1990

Pamphlet

English

General population

Free

Distributor same as above

603/862-2346

Gives suggestions for food preparation to help infants avoid illness from germs. Stresses general hygiene, proper buying and preparation of baby formula and baby food, breast milk storage. Clearly designed with illustrations. Easy to read.

Vitamin C

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814

Not Dated

Pamphlet

English

General population

Free single copy. $6.00 per 100 copies. Reproduce with permission.

Distributor same as above

916/427-5500

Discusses vitamin C requirements and food sources. Food preparation and cooking tips to retain Vitamin C presented along with recipes. Good explanation of vitamin C-rich foods. 8th grade reading level.

Dental Care

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A Healthy Mouth for You and Your Baby

National Institute of Dental Research
9000 Rockville Pike 31/2C35
Bethesda, MD 30892

1986

Booklet

English, Spanish

Hispanics

Free

Distributor same as above

301/496-4261

Promotes good dental care for adults and babies. For adults, suggests cleaning teeth, regular visits to the dentist, and good diet. For babies, suggests using flouride, regular cleanings, nutritious foods, prevention of bottle tooth decay, and visits to the dentist.

Cuidado Dental en Los Niños

Universal Health Associates, Inc.
1701 K Street, NW Suite 600
Washington, DC 20035-5465

Not dated

Video

Spanish

Hispanics

$89.00

Distributor same as above

202/429-9506

Two doctors discuss the importance of maintaining healthy baby teeth. Shows the effects that decay left untreated can have on the overall health of the child for both the long and short term. Covers cavities, role of nutrition, flouride.

For Healthy Teeth

Clinical Nutrition Services
P.O. Box 133, Gurda Lane
Pine Island, NY 10969

Fact Sheet

English, Spanish, Creole

Farmworkers

Original lithograph $8.95; 150 copies of either sheet $15.00. May be reproduced.

Distributor same as above

914/344-8105

Written for migrant and seasonal farmworkers, this one-page handout describes dental practices for children. Illustrations with text for low-literacy clients. For use in Head Start programs, migrant health clinics, Native American clinics, and lay health promotional programs.

Happiness Is Good Snacks

Mississippi Department of Health
WIC Nutrition Education Program Coordinator
P. O. Box 1700
Jackson, MS 39215-1700

1983

Pamphlet

English

General population

Free single copy to public health agencies and WIC programs. Reproduce with permission.

Distributor same as above

601/960-7829

Recommends foods as healthy snacks that promote dental health and are fun to eat. Presents a variety of foods. Categorizes foods into categories such as texture, taste, color, temperature. 4th grade reading level.

Happy Teeth for Healthy Smiles (Spanish title: Dientes Sanos Para Sonrisas Felices)

WIC Supplemental Food Branch
1103 North B Street
Sacramento, CA 95814

1985

Pamphlet

Spanish, Chinese, Vietnamese, English, Cambodian

Multiethnic population

Free single copy. $8.00 per 100 copies. Reproduce with permission.

Distributor same as above

916/427-5500

Discusses importance of baby teeth and dental health. Also discusses nursing bottle mouth, teaching infant to drink from a cup, good nutrition for healthy teeth. Thorough coverage, well-organized format and illustrations. 5th grade reading level.

Health Status of Minorities and Low-Income Groups

Department of Health and Human Services
Washington, DC

1991

Manual

English

Service providers

$18.00, order # S/N 017-000-00257-1

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Includes sections on vital statistics, prevention, reproductive health, chronic and acute disease conditions, injuries, human immunodeficiency virus infection, dental health, mental health, health of older Americans, and use of health services.

Oral Health Fact Sheet

National Migrant Resource Program, Inc.
Westlake Place, Suite 220
1515 Capitol of Texas Highway, South
Austin, TX 78746

Not dated

Fact Sheet

English

Service providers

Free

Distributor same as above

512/447-0770

Provides a series of statistics about state of oral health among low income groups in the U.S. Second category covers unmet oral health needs of farmworkers. References supplied at the end.

Prevent Baby Bottle Tooth Decay

National Institute of Dental Research
9000 Rockville Pike 31/2C35
Bethesda, MD 20892

Not dated

Pamphlet

English

General population

Free

Distributor same as above

301/496-4261

Discusses the prevention of baby bottle tooth decay by taking baby bottles out at night, cleaning the pacifier, never dipping it into sugary substances, brushing baby teeth with flouride at age 2 months, and weaning. Multiethnic illustrations, clearly designed.

Preventing Nursing Bottle Mouth

Nebraska Department of Health
Nutrition Division
301 Centennial Mall South
Lincoln, NE 68509

Not Dated

Pamphlet

English, Spanish

General population

Free single copy with self addresses, stamped envelope. Reproduce with permission

Distributor same as above

401/471-2781

Discusses causes, treatment, and prevention of nursing bottle mouth. Tips on cleaning baby's mouth, caring for primary teeth, and benefits of using flouride. Good graphic illustrations, clear summaries. 8th grade reading level.

Protect Your Child's Teeth: Put Your Baby to Bed With Love, Not With a Bottle

Dental Health Foundation
4286 Redwood Hwy., #261
San Rafael, CA 94903

Not Dated

Pamphlet

English, Chinese, Thai, Cambodian, Laotian, Spanish

Multiethnic population

$.10-$.15 depending on quality. Contact source for sample and order form.

Distributor same as above

Describes the causes of baby bottle tooth decay and tooth protection. Excellent presentation, large and easy to read. Various ethnic groups represented in illustrations. Appropriate for a class handout. 4th grade reading level.

RX for Sound Teeth: Plaque: What It Is and How to Get Rid of It (Spanish title: RX para Dientes Sanos: La Placa: Qué es la Placa Dental y Cómo Puede Quitársela?)

National Institute of Dental Research
9000 Rockville Pike 31/2C35
Bethesda, MD 20892

Not dated

Pamphlet

English, Spanish

Hispanics

Free

Distributor same as above

301/496-4261

Two brochures, one in each language, provide general instruction on how to brush and floss teeth, define plaque in general terms, and encourage regular visits to the dentist. Very clear, easy to read.

Diabetes

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A Sick-Day Meal Guide for Diabetics

Alabama Cooperative Extension Service
Auburn University
Auburn, AL 36849-5621

Not dated

Booklet

English

General population

Free single copy

Distributor same as above

205/844-2224

Provides food exchanges along with suggested eating times and foods to avoid, and reinforces the importance of medical visits.

Diabetes

Universal Health Associates, Inc.
1701 K Street, NW Suite 600
Washington, DC 20035-5465

Not dated

Video

Spanish

Hispanics

$89.00

Distributor same as above

202/429-9506

Two doctors discuss how diabetes occurs within the body. Symptoms of juvenile diabetes, diabetes in adults, and gestational diabetes are discussed along with treatments. Early detection through proper testing is encouraged.

Diabetes and Food: A Guide for People with Non-Insulin-Dependent Diabetes Mellitus (Spanish title: Qué Debe Comer Cuando Tiene Diabetes: Una Guía Para Personas Que Tienen Diabetes Mellitus...)

American Dietetic Association
216 West Jackson Boulevard, Suite 800
Chicago, IL 60606-6995

1990

Pamphlet

English, Spanish

Hispanics, general population

$4.89 per 25

Distributor same as above

312/899-0040

Promotes healthy, low-fat eating for people with diabetes; strongly suggests having a dietitian. Provides a sample meal plan, warns against sugar and alcohol, encourages exercise. Clearly designed.

Diabetes and Pregnancy: What to Expect

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109

1989

Booklet

English

General population, diabetics

$7.25

Distributor same as above

800/232-3472

Focusing on women with type I diabetes, this guide covers the stages of embryonic development, tests to expect, labor and delivery, birth control.

Diabetes and You: Adults

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109-0592

1987/88

Booklet

English

General population, diabetics

$1.50

Distributor same as above

800/232-3472

Deals with the special needs of diabetics, including complications, coping, care, and control.

Exchange Lists for Meal Planning

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109-0592

1989

Booklet

English

General population, diabetics

$1.30

Distributor same as above

800/232-3472

Explains the six exchange lists used for proper meal planning for diabetics. Uses colorful charts and simple language, and includes food portions that can be easily adjusted for any caloric level.

Gestational Diabetes: What to Expect

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109

1989

Booklet

English

General population, diabetics

$7.25

Distributor same as above

800/232-3472

Gives basic information on the causes and treatment of gestational diabetes, as well as 3 how to care for it during pregnancy.

Managing Your Diabetes (Spanish title: Cómo Controlar Su Diabetes)

Eli Lilly and Company
Lilly Corporate Center
Public Relations Services
Indianapolis, IN 46285

1982

Booklet

English, Spanish

Hispanics, service providers

Free

Distributor same as above

800/225-3939

Provides fundamental information about the treatment of diabetes. Discusses diet, insulin, complications, and regular visits to the doctor. Well-organized, comprehensive, and colorfully illustrated.

Meal Planning for People with Diabetes (Spanish title: Planificación de Comidas Para Personas con Diabetes)

National Migrant Resource Program, Inc.
Westlake Place, Suite 220
1515 Capitol of Texas Highway South
Austin, TX 78746

1990

Booklet

English, Spanish

Multiethnic population

$3.50; order 50, price drops to $2.50

Distributor same as above

512/328-7682

Gives background information on the food plan for diabetes, and provides food exchange lists for common Mexican foods. Includes tips for controlling blood sugar and blanks to record their prescribed food exchanges.

Planificación de Comidas con Alimentos Mexicanoamericanos

American Dietetic Association
216 West Jackson Boulevard
Chicago, IL 60606-6995

1990

Booklet

Spanish

Hispanics

$15.00 for an order of 25.

Distributor same as above

312/899-0040

Recommends healthy Mexican-American meals for Mexican-American diabetics. Promotes baking over frying, vegetable oil over lard and limiting fatty foods. Food exchanges are within the Mexican-American traditional diet.

Pro Salud: Prevention Is a Family Affair: Diabetes (Spanish title: La Prevención Es un Asunto de la Familia: Diabetes)

Asociacion Nacional Pro Personas Mayores
(National Association for Hispanic Elderly)
332 Wilshire Blvd., Suite 800
Los Angeles, CA 90010

Not Dated

Booklet, 1 of 5

English, Spanish

Hispanics

$3.00 for 5 booklets of packet; price negotiable when buying in large quantities

Distributor same as above

213/487-1922

One publication in both English and Spanish provides general about diabetes----its causes and treatment. Includes diet and exercise guidelines and other places to call for more information. Plot follows one character, colorful watercolor illustration.

Take Charge of Diabetes

Clinical Nutrition Service
P.O. Box 133, Gurda Lane
Pine Island, NY 10969

Pamphlet

English, Spanish, Creole

Farmworkers

Original lithograph $15.95

Distributor same as above

914/344-8105

Describes basic health care practices for diabetics. Illustrations with text for low-literacy clients. Provides information on proper foot care, food preparation, nutrition guidelines, hyper-and hypoglycemic symptoms, and treatment strategies.

The 'Other' Diabetes

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109

1987

Booklet

English

General population, diabetics

$2.95

Distributor same as above

800/232-3472

Presents the educating story of Henry, a fictional character who develops type II diabetes. Follows Henry's successes and failures as he learns about staying healthy through proper treatment, diet, and exercise.

Cancer

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A Time of Change (Spanish title: De Niña a Mujer)

National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A 24
Bethesda, MD 20892

1988

Booklet

English, Spanish

Hispanics

Free. Maximum order of 100

Distributor same as above

800/4-CANCER

This bilingual fotonovela was developed for young women and discusses various health promotion issues such as nutrition, quitting smoking, exercise, and pelvic, Pap, and breast examinations.

Diet, Nutrition & Cancer Prevention: A Guide to Food Choices

National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A24
Bethesda, MD 20892

1987

Booklet

English

General population

Free. Limit 20.

Distributor same as above

800/4-CANCER

Describes what is known about diet, nutrition, and cancer prevention. Informs about foods that contain fiber, fat, and vitamins and how that may affect cancer risk. Suggests ways to enhance food variety in meals with sample recipes.

Diet, Nutrition & Cancer Prevention: The Good News

National Cancer Institute
Office of Cancer Communications
Public Inquiries Section
Building 31, Room 10A 24
9000 Rockville Pike
Bethesda, MD 20892

1987

Booklet

English

General population

Free, with special bulk rates.

Distributor same as above

800/4-CANCER

Provides information on how to protect yourself from cancer risks through diet. Encourages a low-fat diet, rich in fiber. Gives nutritional breakdowns of common low-fat foods and high-fiber foods. Nicely presented, colorful.

Eating for Life

U.S. Department of
Health and Human Services
Washington, DC

1988

Booklet

English

General population

$1.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Provides suggestions for eating habits that may reduce the risk of developing heart disease and cancer. Includes tips on shopping, eating out, food preparation, meals, and snacks.

Get a New Attitude About Cancer: A Guide for Black Americans

National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A24
9000 Rockville Pike
Bethesda, MD 20892

1992

Brochure

English

African Americans

Free, with special bulk rates

Distributor same as above

800/4-CANCER

Cancer prevention geared toward African Americans, mentions proper nutrition but focuses on early detection signs.

Hágalo Hoy Community Outreach Program

National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A 24
Bethesda, MD 20892

Not dated

Kit

English, Spanish

Hispanics

Free. Maximum order of 1

Distributor same as above

800/4-CANCER

This kit targets Hispanics and contains bilingual and Spanish language materials to enable health professionals to conduct community education programs. Covers the early detection of breast cancer, smoking, and related issues.

Píntame de Colores: Con Comidas Mexicanas Ricas en Vitamina A

California Department Health Services
Primary Care and Family Health
Primary Health Services
Development Program
714 P Street
Sacramento, CA 95814

Not dated

Cookbook

Spanish

Hispanics

Distributor same as above

916/657-1347

A cookbook designed for Mexican-Americans, focusing on foods high in vitamin A. Introduction stresses the importance of these foods in battling high blood pressure, cancer, and heart ailments. Each recipe illustrates vitamin A content. Colorful.

Pro Salud: Prevention Is a Family Affair Series: Cancer (Spanish Title: La Prevención Es un Asunto de la Familia: El Cáncer)

Asociación Nacional Pro Personas Mayores
(National Association for Hispanic Elderly)
3325 Wilshire Blvd., Suite 800
Los Angeles, CA 90010

Not dated

Booklet

English, Spanish

Hispanics

Five booklets in Pro Salud series together cost $3.00. Discounts available for large quantities.

Distributor same as above

213/487-1922

Follows Felicidad as she discovers more about the basic causes and symptoms of cancer after a family member is diagnosed with the disease. Recommends regular visits to the doctor, low-fat foods to lower the cancer risk. Well done, effective illustrations.

What You Need to Know About Cancer series

U.S. Department of
Health and Human Services
National Institutes of Health
Public Health Service
Washington, DC

1983

Booklet

English

Service providers

Free.

National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A24
Bethesda, MD 20892

800/4-CANCER

Bilingual booklets that provides basic yet comprehensive information about the detection, causes, and treatments of cancer. Follows a question-answer format, has section to illustrate the 10 most common cancers among Hispanics. Also has phone numbers for free information hotlines.

Weight Management

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About Good Nutrition (Spanish title: Sobre La Buena Nutrición)

Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373

1992

Booklet

English, Spanish

Hispanics

Order 1-24=$1.00 each; order 25-99=$.78 each; order 100-499=$.51 each. Shipping and handling extra.

Distributor same as above

800/628-7733

Provides basic information about the five basic food groups. Includes calorie charts, suggested servings, weight charts, recommended calorie intake, nutritional needs of children, teenagers, women, and the elderly. Well organized and illustrated.

Calories and Weight: The USDA Pocket Guide

U.S. Department of Agriculture
Washington, DC

1991

Booklet

English

General population

$3.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Provides dietary guidelines on body weight ranges, diet cautions, healthy weight loss plan, calorie tables, serving sizes of meat, and other related information.

Dietary Management of Hypertension: Chinese Style

National Audiovisual Center
Customer Services PG
8700 Edgeworth Drive
Capitol Heights, MD 20743-3701

Video

English, Spanish

Hispanics

$80.00, $12.00 for preview

Distributor same as above

301/763-1896

Gives information on fraudulent diet products while reinforcing the fact that the best way to control weight is through good nutrition.

Exchange Lists for Weight Management

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109-0592

1989

Booklet

English

General population

$1.30

Distributor same as above

800/232-3472

Teaches the basics of good nutrition and weight management through the exchange list method. Includes six exchange lists and adjustable food portions.

Fresh Fruit, Veggies & Water

North Dakota State Department of Health & Consolidated Laboratories
Division of Maternal & Child Health
600 E. Boulevard Avenue
Bismark, ND 58505-0200

1988

Pamphlet

English

General population

Free single copy with self addressed, stamped 9x12 envelope. Reproduce with permission.

Distributor same as above

701/224-2493

Discusses benefits of eating enough fresh fruit, vegetables, and water. Benefits covered are constipation prevention, bladder infection prevention, and weight control. Excellent list of high fiber foods and recipes given. 6th grade reading level.

Get Fit, Trim Down: Losing Weight and Following the Dietary Guidelines to Lower Cancer Risk

American Institute for Cancer Research
Coordinator
Publications Department
1759 R Street, NW
Washington, DC 20009

1989

Booklet

English

General population, service providers

first copy free; 25+ copies are $.35 each

Distributor same as above

202/328-7744

Provides guidelines for weight management and lowering cancer risk through exercise, diet, and visiting the doctor. Includes weight/height tables and sample low-calorie meals.

Guidelines for Use of the Exchange List

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109-0592

1989

Booklet

English

General population

$.60

Distributor same as above

800/232-3472

Three modified meal planning guides help set dietary goals. Titles include: For Low-Sodium Meal Planning, For Lowfat Meal Planning, For Low-Sodium, and Lowfat Meal Planning.

Healthy Food Choices (Spanish title: Cómo Escoger Alimentos Saludables)

American Diabetes Association
1970 Chain Bridge Road
McLean, VA 22109-0795

1986

Pamphlet

English, Spanish

General population

$.50 each for nonmembers; $.40 each for members. $8.00 for 25.

Distributor same as above

800/232-3472

Explains what foods make up a good diet, recommends daily servings. Guidelines include eating less fat, sugar, and salt while eating more high fiber foods. Provides blank space for nutrition counselor to suggest diet. Not diabetes-specific. 4th grade reading level.

La Buena Nutrición Promueve La Salud

Padres Hispanos En Acción
American Home Economics Association
Nutrition Education Project
1555 King Street
Alexandria, VA 22314

1992

Video

Spanish: Mexican American, Central American, Puerto Rican

Hispanics, low literacy population

Head Start Publications Center
P.O. Box 26417
Alexandria, VA 22313-0417

Three separate 12-min videos for each cultural group, focusing on weight management, growth, anemia, and baby-bottle tooth decay. Follows a novela format.

Nutrition and Your Health: Dietary Guidelines for Americans (Spanish title: La Nutrición y Su Salud: Guías para su Dieta)

U.S. Department of Agriculture
Human Nutrition Information Service
650 Belcrest Road
Hyattsville, MD 20782

1990

Booklet

English, Spanish

Hispanics

Sold in quantities of 100 only, costing $44.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

Gives basic nutrition guidelines for better health, covering weight management, moderation of fatty foods, salt, sugar, and alcohol, benefits of fruits, vegetables, and grains. Includes food and weight guides. Colorful, clearly designed.

Pro Salud: Prevention Is a Family Affair: Wellness (Spanish title: La Prevención Es un Asunto de la Familia: La Salud)

Asociación Nacional Pro Personas Mayores
(National Association for Hispanic Elderly)
3325 Wilshire Blvd., Suite 800
Los Angeles, CA 90010

Not dated

Booklet

English, Spanish

Hispanics

One of a 5-part information packet costing $3.00. Quantity discounts available.

Distributor same as above

213/487-1922

Follows main character Felicidad through her path to health awareness, learning about how nutritious food choices low in fat, salt, and high in fiber can promote better health in her family. Also promotes exercise and quitting smoking.

Alcohol, Drugs, and Smoking

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A Love Story for My Unborn Child

Universal Health Associates
1701 K Street, Suite 600
Washington, DC 20035-5465

Video

English, Spanish

Hispanics

$95.00

Distributor same as above

202/429-9506

Uses a multiethnic/multicultural approach to describe the risks of fetal development caused by alcohol, drugs, medication, or smoking during pregnancy. Explains that stopping at any time during pregnancy can increase the chances of having a healthy baby.

A Pregnant Woman Never Drinks Alone

Universal Health Associates
1701 K Street, NW, Suite 600
Washington, DC 20035-5465

Video

English

General population

$95.00

Distributor same as above

202/429-9506

Details the risks of alcohol consumption to fetal development. Fetal Alcohol Syndrome is described in a direct, understandable way and suggestions are made to help women stop drinking.

Alcohol, Drugs and HIV (Spanish title: Alcohol, Drogas y SIDA)

San Francisco AIDS Foundation
25 Van Ness Avenue, Suite 660
P.O. Box 426182
San Francisco, CA 94142-6182

1988

Pamphlet

English, Spanish

Hispanics

Order 1-99=$.30 each; order 100-999=$.20 each; order 1000 and above=$.16 each. Prepay orders less than $500.

Impact AIDS

3692 18th Street

San Francisco, CA 94110

415/861-3397

Well presented bilingual brochure explains that drugs and alcohol damage the immune system, and that excessive drug alcohol use can at the least affect judgment and increase the risk of AIDS.

Drugs—Bad for You, Worse for Your Baby (Spanish title: Las Drogas—Malas Para Usted, Peores Para Su Bebé)

Channing L. Bete, Co., Inc.
200 State Road
South Deefield, MA 01373

1992

Booklet

English, Spanish

Hispanics

Order 1-24=$1.00 each; order 25-99=$.78 each; order 100-499=$.51 each. Shipping and handling extra.

Distributor same as above

800/628-7733

Discusses the implications of pregnant women taking drugs or alcohol and how it affects the baby. Encourages good diet, moderate exercise, regular medical visits, and quitting smoking. Good illustrations, well designed.

El fumar y La Salud

Universal Health Associates, Inc.
1701 K Street, NW Suite 600
Washington, DC 20035-5465

Not dated

Video

Spanish

Hispanics

$89.00

Distributor same as above

202/429-9506

Two doctors show, with the use of graphics how cigarette smoking can damage the lungs and other body organs. Explains various methods on how to quit smoking.

Growing up Drug-Free: A Guide for Parents (Spanish title: Crecer Libre de Drogas: Guía de Prevención para los Padres de Familia)

U.S. Department of Education
Washington, DC

Not dated

Booklet

English, Spanish

Hispanics

Free. Order # PHD541

National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852

800/729-6686

Gives guidelines for family members to help their children stay away from or recover from illegal drug use. Focuses on family communication and family activities. The last section outlines the health risks of tobacco, alcohol, and drug use. Lists available resources.

Guía Para Dejar de Fumar: Por su Salud y su Familia

U.S. Department of
Health and Human Services
Public Health Service
National Institute of Health
Washington, DC

1988

Booklet

Spanish

Hispanics

Free. Maximum order of 100

National Cancer Institute
Office of Cancer Communications
Building 31, Room 10A24
Bethesda, MD 20892

800/4-CANCER

Provides reasons to stop smoking, how to stop smoking, and how to control the desire to smoke. Graphically illustrates with color photos what smoking does to lungs. First and third sections describe how smoking affects health.

La Interacción de Drogas y Alimentos

National Consumers League
815 15th Street, NW
Suite 928N
Washington, DC 20005

Not dated

Pamphlet

Spanish

Hispanics, service providers

$1.00. Bulk orders available. Please include self-addressed, stamped envelope with order.

Distributor same as above

202/639-8140

Explains how various drugs prescribed for common ailments can cause bad secondary effects if taken with certain foods. Stresses regular medical consultation as well as the dangers of mixing certain prescribed drugs with tobacco and alcohol.

Learning English and Improving Your Family's Health Series: Smoking, Pregnancy, and Your Children's Health

American Friends Service Committee
New York Metropolitan Region
15 Rutherford Place
New York, NY 10003

1988

Brochure

English, Creole

Haitian-Americans

$2.00 for complete series of three booklets.

Distributor same as above

212/598-0972

Tries to convince the pregnant mother to quit smoking by giving basic information on the repercussions of nicotine and carbon monoxide intake once the child is born. Translations and vocabulary list of key words on each page.

Lo Que Todo El Mundo Debe Saber Sobre el Alcohol

Channing L. Bete, Co., Inc.
200 State Road
South Deerfield, MA 01373

1980

Booklet

Spanish

Hispanics

Order 1-24=$1.00 each; order 25-99=$.78 each; order 100-499=$.51 each. Shipping and handling extra.

Distributor same as above

800/628-7733

With simple illustrations, shows how alcohol is accepted socially and how it can be abused. Names ten symptoms to identify alcoholism, explains that abuse of alcohol can be dangerous to health, and ends with the idea that the drinker is the one responsible for his/her drinking habits.

Nutrition and AIDS

U.S. Department of
Health and Human Services
Washington, DC

1991

Reference

English

Service providers

$3.00

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Contains 688 citations to monographs, conference proceedings, abstracts, journal articles, patient education brochures, and audiovisuals. Includes directories of organizations that deal with AIDS and nutrition.

Our Children, Our Future

Asian Health Services
Smoking Education Project
310 8th Street, Suite 200

Oakland, CA 94607

Not dated

Video

Laotian

Laotians

$25.00

Distributor same as above

510/465-3273

This 15-minute video, although in Laotian, comes with an English script. A smoking-cessation video that attempts to make Laotian parents realize that smoking is a relevant concern by linking the impact of smoking to the success of their children.

Pregnant? Don't Smoke (Spanish title: ¿Encinta? ¡No Fume!)

Channing L. Bete, Co., Inc.
200 State Road
South Deefield, MA 01373

1992

Booklet

English, Spanish

Hispanics

Order 1-24=$1.00 each; order 25-99=$.78 each; order 99-499=$.51 each. Shipping and handling extra.

Distributor same as above

800/628-7733

Tries to convince the pregnant mother to stop smoking, listing possible complications during pregnancy and later effecting the infant as reasons. Suggests ways to quit, including finding support from organizations and family.

Quick List: 10 Ways To Help Your Child Say "No" (Spanish title: Guía Práctica: 10 Pasos Que Ayudarán a Sus Hijos a Decir "No")

U.S. Department of
Health and Human Services
Public Health Service
Alcohol, Drug Abuse, and
Mental Health Administration
Office for Substance Abuse
5600 Fishers Lane
Rockville, MD 20857

1990

Pamphlet

English, Spanish

Hispanics

Free. Order # PH287

National Clearinghouse for Alcohol and Drug Information
P. O. Box 2345
Rockville, MD 20852

800/729-6686

Dramatically illustrates the 10 ways to help your kids to say no to drugs. Pamphlet opens up into small poster, well-written and illustrated with photos and orange highlights. Hispanic subjects in photos emphasizing family support.

What You Should Know About Caffeine

International Food Information Council
1100 Connecticut Avenue, NW, Suite 430
Washington, DC 20036

Not dated

Pamphlet

English

General population, service providers

1-100 copies=$.50 each; 101-500 copies=$.45 each

Distributor same as above

202/296-6540

Provides general information on commonly asked questions regarding caffeine and health, including caffeine intake during pregnancy, risk of cardiovascular disease and cancer. Also has caffeine content breakdown of common beverages.

Other Publications

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Health Status of Minorities and Low-Income Groups

Department of
Health and Human Services
Washington, DC

1991

Manual

English

Service providers

$18.00, order # S/N 017-000-00257-1

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

202/783-3238

Includes sections on vital statistics, prevention, reproductive health, chronic and acute disease conditions, injuries, human immunodeficiency virus infection, dental health, mental health, health of older Americans and use of health services.

Maternal/Child Health Fact Sheet

National Migrant Resource Program, Inc.
Westlake Place, Suite 220
1515 Capitol of Texas Highway, South
Austin, TX 78746

Not dated

Fact sheet

English

Service providers

Free

Distributor same as above

512/328-7682

Gives maternal/child health statistics for the general U.S. population, including the migrant population. One page.

Orientation to Multicultural Health Care in Migrant Programs

National Migrant Resource Program, Inc.
Westlake Place, Suite 220
1515 Capitol of Texas Highway, South
Austin, TX 78746

1988

Booklet

English

Service providers

$2.00

Distributor same as above

512/328-7682

An introduction to the service providers on how to cope in a multiculutral, multiethnic environment. Includes an introduction to basic cultural concepts, description of migrant streams and lifestyles and a description of health characteristics of migrant population.

Pro Salud: Prevention Is a Family Affair: Arthritis (Spanish title: Prevención Es un Asunto de la Familia: Artritis)

Asociación Nacional Pro Personas Mayores
(National Association for Hispanic Elderly)
3325 Wilshire Boulevard, Suite 800
Los Angeles, CA 90010

Not dated

Booklet

English, Spanish

Hispanics

Five booklets in Pro Salud series together cost #3.00. Discounts available for large quantities.

Distributor same as above

213/487-1922

Follows main character Felicidad as she learns about arthritis, its signs, and treatment. Promotes use of aspirin, exercise and rest, uses of heat and cold treatments, joint care, and a well-balanced diet. Warns against miracle cures.

Other Organizations

◆◆◆◆

ALABAMA

American Cancer Society
504 Brookwood Boulevard
Homewood, AL 35209
205/ 879-2242

Cooperative Extension Office
Alabama A&M University
Normal, AL 35762

Cooperative Extension Office
Auburn University
Auburn, AL 36849

Cooperative Extension Office
Tuskegee University
Tuskegee, AL 36088

Public Health Department
434 Monroe Street
Montgomery, AL 36130-1701

ALASKA

American Cancer Society
406 West Fireweed Lane Suite 204
Anchorage, AK 99503
907/277-8696

Cooperative Extension Office
University of Alaska
Fairbanks, AK 99775-5200

Division of Public Health
PO Box H
Juneau, AK 99811-0610

ARIZONA

American Cancer Society
2929 East Thomas Road
Phoenix, AZ 85016
602/224-0524

Cooperative Extension Office
University of Arizona
Tucson, AZ 85721

Department of Health Services
1740 West Adams Street
Phoenix, AZ 85007

ARKANSAS

American Cancer Society
901 North University
Little Rock, AR 72207
501/664-3480

Cooperative Extension Office
University of Arkansas
Little Rock, AR 72203

Cooperative Extension Office
University of Arkansas
Pine Bluff, AR 71601

Department of Health
4815 Wrest Markham Street
Little Rock, AR 72201

CALIFORNIA

American Cancer Society
1710 Webster Street
Oakland, CA 94612
510/893-7900

Cooperative Extension Office
University of California
Oakland, CA 94612-3560

Department of Health Services
714 P. Street, Rm. 1253
Sacramento, CA 95814

COLORADO

American Cancer Society
2255 South Oneida
Denver, CO 80224
303/758-2030

Cooperative Extension Office
Colorado State University
Fort Collins, CO 80523

State Health Department
4300 Cherry Creek Drive South
Denver, CO 80222-1530

CONNECTICUT

American Cancer Society
Barnes Park South
14 Village Lane
Wallingford, CT 06492
203/265-7161

Cooperative Extension Office
University of Connecticut
Storrs, CT 06269-4066

State Department of Health
150 Washington Street
Hartford, CT 06106

DELAWARE

American Cancer Society
92 Read's Way
New Castle, DE 19720

Cooperative Extension Office
Delaware State College
Dover, DE 19901

Cooperative Extension Office
University of Delaware
Newark, DE 19717-1303

Division of Public Health
PO Box 637, Federal Street
Jesse S. Cooper Building
Dover, DE 19901

DISTRICT OF COLUMBIA

American Cancer Society
1825 Connecticut Avenue, N.W.
Suite 315
Washington, DC 20009
202/483-2600

Cooperative Extension Office
University of the District of Columbia
Washington, DC 20008

Department of Public Health
1660 L. St., NW, 12th Floor
Washington, DC 20036

Extension Service
U.S. Department of Agriculture
Room 3444 South Building
Washington, DC 20250-0900
202/720-5578

Georgetown University Child
Development Center
3800 Reservoir Road,NW
Washington, DC 20007
202/687-8860
202/687-1954

National Association of Community
Health Centers, Inc.
1330 New Hampshire Ave., NW Suite 122
Washington, DC 20036
202/659-8008

National Center for Education in
Maternal and Child Health
38th and R Street NW
Washington, DC 20057
202/625-8400

Office of Adolescent Pregnancy Programs
Department of Health and Human Services
200 Independence Ave., SW, Room 736E
Washington, DC 20201
202/245-7473

Office of Minority Health Resource Center
PO Box 37337
Washington, DC 20013-7337
800/444-6472

Office of Disease Prevention
and Health Promotion (ODPHP)
Information Center
U.S. Department of Health and Human Services
PO Box 1133
Washington, DC 20013-1133
800/336-4797
301/565-4167

Superintendent of Documents
U.S. Government Printing Office
Wshington, DC 20402-9325
202/783-3238 (order and information desk)
202/275-3634 (for updates on publications)

FLORIDA

American Cancer Society
1001 South MacDill Avenue
Tampa, FL 33629
813/253-0541

Cooperative Extension Office
Florida A&M University
Tallahassee, FL 32307

Cooperative Extension Office
University of Florida
Gainesville, FL 32601

Department of Health and Rehabilitative Services
1323 Winewood Blvd., #113
Tallahassee, FL 32399-0700

GEORGIA

American Cancer Society
46 Fifth Street, NE
Atlanta, GA 30308
404/892-0026

Cooperative Extension Office
Fort Valley State College
Fort Valley, GA 31031

Cooperative Extension Office
University of Georgia
Athens, GA 30602

DHR/Public Health, Suite 201
878 Peachtree St., NE
Atlanta, GA 30309

Dental Disease Prevention Activity
Centers for Disease Control
1600 Clifton Road NE
Mail Stop EO9
Atlanta,GA 30333
404/639-1830

HAWAII

American Cancer Society
Community Services Center Bldg.
200 North Vineyard Boulevard
Honolulu, HI 96817
808/531-1662

Cooperative Extension Office
University of Hawaii
Honolulu, HI 96822

Department of Health
Klau Hale, PO Box 3378
Honolulu, HI 96801

IDAHO

American Cancer Society
2676 Vista Avenue
Boise, ID 87305
208/343-4609

Cooperative Extension Office
University of Idaho
Moscow, ID 83843

Department of Health and Welfare
450 W. State Street
Boise, ID 83720

ILLINOIS

American Cancer Society
77 East Monroe
Chicago, IL 60603
312/641-6150

American Dietetic Association(ADA)
216 West Jackson Blvd., Suite 800
Chicago, IL 60606-6995
312/899-0040

Cooperative Extension Office
University of Illinois
Urbana, IL 61801

Department of Public Health
535 West Jefferson Street
Springfield, IL 62761

Director of Network Services
Second Harvest National Foodbank Network
116 S. Michigan Ave., Suite 4
Chicago, IL 60603
312/263-2303

La Leche League International
PO Box 1209
Franklin Park, IL 6013108209
312/455-7730

National Dairy Council
10255 West Higgins Road
Rosemont, IL 60018
800/426-8271

INDIANA

American Cancer Society
8730 Commerce Park Place
Indianapolis, IN 46268
317/872-4432

Cooperative Extension Office
Purdue University
West Lafayette, IN 47907

State Board of Health
1330 W. Michigan Street
Box 1964
Indianapolis, IN 46206

IOWA

American Cancer Society
8364 Hickman Road, Suite D
Des Moines, IA 50325
515/253-0147

Cooperative Extension Office
Iowa State University
Ames, IA 50011

Department of Public Health
Lucas State Office Building
Des Moines, IA 50319

KANSAS

American Cancer Society
1315 SW Arrowhead Road
Topeka, KS 66604
913/273-4114

Cooperative Extension Office
Kansas State University
Manhattan, KS 66506

Department of Public Health
Forbes Field
Topeka, KS 66620

KENTUCKY

American Cancer Society
701 West Muhammad Ali Blvd.
Louisville, KY 40201-1807
502/584-6782

Cabinet for Human Resources
275 East Main Street
Frankfort, KY 40621

Cooperative Extension Office
Kentucky State University
Frankfort, KY 40601

Cooperative Extension Office
University of Kentucky
Lexington, KY 40546

LOUISIANA

American Cancer Society
Fidelity Homestead Bldg.
837 Gravier Street
Suite 700
New Orleans, LA 70112-1509
504/523-4188

Cooperative Extension Office
Louisiana State University
Baton Rouge, LA 70803-1900

Cooperative Extension Office
Southern University and A&M College
Baton Rouge, LA 70813

Department of Health
PO Box 60630
New Orleans, LA 70160

MAINE

American Cancer Society
52 Federal Street
Brunswick, ME 04011
207/729-3339

Bureau of Health
151 Capital Street
Augusta, ME 04333

Cooperative Extension Office
University of Maine
Orono, ME 04469

MARYLAND

Alcohol, Drug Abuse and
Mental Health Administration
Parklawn Building, Room 13C-05
5600 Fishers Lane
Rockville, MD 20857
301/443-8956
301/443-3783 (general information)

American Cancer Society
8219 Town Center Drive
Baltimore, MD 21236-0026
410/931-6868

Bureau of Health Professions
Health Resources and Services Administration
Parklawn Building, Room 8-101
5600 Fishers Lane
Rockville, MD 20857
301/443-6864

Cancer Information Service
Office of Cancer Communications
National Cancer Institute
Building 31, Room 10A24
9000 Rockville Pike
Bethesda, MD 20892
800/4-CANCER
808/524 1234
(Hawaii—neighbor islands call collect)

Cooperative Extension Office
University of Maryland
College Park, MD 20742
Cooperative Extension Office
University of Maryland
Eastern Shore, MD 21853

Department of Health
201 West Preston Street
Baltimore, MD 21201

Other Organizations

Family Information Center
National Agricultural Library, Room 304
Department of Agriculture
10301Baltimore Boulevard
Beltsville, MD 20705
301/344-3719

Food and Drug Administration
Office of Consumer Affairs
Parklawn Building, Room 1685
5600 Fishers Lane
Rockville, MD 20857
301/443-3170

Food and Nutrition Information Center
Department of Agriculture
National Agricultural Library, Room 304
Beltsville, MD 20705
301/344-3719

Indian Health Service
Parklawn Building, Room 6-35
5600 Fishers Lane
Rockville, MD 20857
301/443-3593

Information Center
National Institute of Dental Research
National Institutes of Health
9000 Rockville Pike
Building 31, Room 2C35
Bethesda, MD 20892
301/496-4261

Information Office
National Institute of Diabetes and
Digestive and Kidney Diseases
National Institutes of Health
9000 Rockville Pike
Building 31, Room 9A04
Bethesda, MD 20892
301/496-3583

International Cancer Information Center
National Cancer Institute
9030 Old Georgetown Road
Building 82
Bethesda, MD 20892
301/496-7403

Migrant Health Program
Division of Primary Care Services, BHCDA
Parklawn Bldg., Rm. 7A-55
5600 Fishers Lane
Rockville, MD 20857
301/443-1153

NHLBI Education Programs
Information Center
4733 Bethesda Avenue, Suite 530
Bethesda, MD 20814
301/951-3260

National Clearinghouse for Alcohol
and Drug Information
6000 Executive Boulevard
PO Box 2345
Rockville, MD 20852
301/468-2600
301/729-6686 (Say No To Drugs)

National Diabetes Information Clearinghouse
Box NDIC
9000 Rockville Pike
Bethesda, MD 20892
301/468-2162

National Heart, Lung and Blood Institute
Communication and Public
Information Branch
Building 31, Room 4A-21
9000 Rockville, MD 20892
301/496-4236

Office of Cancer Communications
Public Inquiries Section
National Cancer Institute
Building 31, Room 10A24
9000 Rockville Pike
Bethesda, MD 20892
301/496-5583

Office of Research Reporting
National Institute of Child Health
and Human Development
National Institutes of Health
Building 31, Room 2A-32
9000 Rockville Pike
Bethesda, MD 20892
301/496-5133

Program Analyst for Planning
and Management
Division of Associated and
Dental Health Professions

Project Share (Human Services)
PO Box 30666
Bethesda, MD 20824
301/907-6523
800/537-3788

Technical Information Center
Office on Smoking and Health
Centers for Disease Control
Park Building, Room 1-16
5600 Fishers Lane
Rockville, MD 20857
301/443-1690

MASSACHUSETTS

American Cancer Society
247 Commonwealth Avenue
Boston, MA 02116
617/267-2650

Cooperative Extension Office
University of Massachusetts
Amherst, MA 01003

Department of Public Health
150 Tremont Street
Boston, MA 02111

MICHIGAN

American Cancer Society
1205 East Saginaw Street
Lansing, MI 48906
517/371-2920

Cooperative Extension Office
Michigan State University
East Lansing, MI 44824

Midwest Migrant Health Information Office
St. Mary Center
502 W. Elm Ave.
Monroe, MI 48161
313/243-0711

Department of Public Health
3500 N. Logan St., Box 30035
Lansing, MI 48909

MINNESOTA

American Cancer Society
3316 West 66th Street
Minneapolis, MN 55435
612/925-2772

Cooperative Extension Office
University of Minnesota
St. Paul, MN 55108

Department of Public Health
717 Delaware Street, SE
Minneapolis, MN 55440

International Childbirth Education Association
PO Box 20048
Minneapolis, MN 55420
800/624-4934
612/854-8660

Society for Nutrition Education
2001 Killebrew Dr. Suite 340
Minneapolis, MN 55425-1882
800/335-6690

MISSISSIPPI

American Cancer Society
1380 Livingston Lane
Lakeover Office Park
Jackson, MS 39213
601/362-8874

State Health Department
2423 N. State St., Box 1700
Jackson, MS 39205

Cooperative Extension Office
Alcorn State University
Lorman, MS 39096

Cooperative Extension Office
Mississippi State University
Mississippi State, MS 39762

MISSOURI

American Cancer Society
3322 American Avenue
Jefferson City, MO 65109
314/893-4800

Cooperative Extension Office
Lincoln University
Jefferson City, MO 65101

Cooperative Extension Office
University of Missouri
Columbia, MO 65211

Department of Health
Broadway State O/B, Box 570
Jefferson City, MO 65102

National Rural Health Association
301 East Armour Blvd., Suite 420
Kansas City, MO 64111
816/756-3140

MONTANA

American Cancer Society
17 North 26th
Billings, MT 59101
406/ 252-7111

Cooperative Extension Office
Montana State University
Bozeman, MT 59717

Department of Health and Environment
Cogswell Building
Helena, MT 59601

NEBRASKA

American Cancer Society
8502 West Center Road
Omaha, NE 68124-5255
402/ 393-5800

Cooperative Extension Office
University of Nebraska
Lincoln, NE 68583-0703

State Department of Health
301 Centennial Mall South
Lincoln, NE 68508

NEVADA

American Cancer Society
1325 East Harmon
Las Vegas, NV 89119
702/ 798-6857

Cooperative Extension
University of Nevada
Reno, NV 89557

Department of Health
Capitol Complex
505 East King Street
Carson City, NV 87910

NEW HAMPSHIRE

American Cancer Society
360 Route 101, Unit 501
Bedford, NH 03110-5032
603/472-8899

Cooperative Extension Office
University of New Hampshire
Durham, NH 03824

Department of Health
H&W Building, 6 Hazen Drive
Concord, NH 03301

NEW JERSEY

American Cancer Society
2600 US Highway 1
North Brunswick, NJ 08902
908/297-8000

Cooperative Extension Office
Rutgers University
New Brunswick, NJ 08903

Department of Health
CN 360
Trenton, NJ 08625

NEW MEXICO

American Cancer Society
5800 Lomas Blvd., NE
Albuquerque, NM 87110
505/260-2105

Cooperative Extension Office
New Mexico State University
Las Cruces, NM 88003

Department of Health
1190 St. Francis Dr., #N4100
Santa Fe, NM 87503

NEW YORK

Al-Anon and Alateen
PO Box 862, Midtown Station
New York, NY 10018-0862
800/356-9996

Alcoholics Anonymous World Services, Inc
PO Box 459
Grand Central Station
New York, NY 10163
212/686-1100

American Cancer Society
Long Island Division
145 Pidgeon Hill Road
Huntington Station, NY 11746
516/385-9100

American Cancer Society
6725 Lyons Street
East Syracuse, NY 13057
315/437-7125

American Cancer Society
New York City Division
19 West 56th Street
New York, NY 10019
212/586-8700

American Cancer Society
Queens Division
112-25 Queens Boulevard
Forest Hills, NY 11375
718/263-2224

American Cancer Society
Westchester Division
30 Glenn Street
White Plains, NY 10603
914/949-4800

Cooperative Extension Office
Cornell University
Ithaca, NY 14853

Health Department
ESP - Corning Tower
Albany, NY 12237

NORTH CAROLINA

American Cancer Society
11 South Boylan Avenue
Suite 221 Raleigh, NC 27603
919/834-8463

Cooperative Extension Office
North Carolina A&T State University
Greensboro, NC 27402

Cooperative Extension Office
North Carolina State University
Raleigh, NC 27695-7602

Department of Environmental Health
and Natural Resources
PO Box 27687
Raleigh, NC 27611-7687

NORTH DAKOTA

American Cancer Society
123 Roberts Street
Fargo, ND 58102
701/232-1385

Cooperative Extension Office
North Dakota State University
Fargo, ND 58105

Department of Health
State Capitol
Bismarck, ND 58505

OHIO

American Cancer Society
5555 Frantz Road
Dublin, OH 43017
614/889-9565

Cooperative Extension Office
Ohio State University
Columbus, OH 43210

Department of Health
246 High Street, Box 118
Columbus, OH 43216

OKLAHOMA

American Cancer Society
3000 United Founders Blvd. Suite 136
Oklahoma City, OK 73112
405/843-9888

Cooperative Extension Office
Langston University
Langston, OK 73060

Cooperative Extension Office
Oklahoma State University
Stillwater, OK 74078

Department of Health
PO Box 53551
Oklahoma City, OK 73105

OREGON

American Cancer Society
0330 SW Curry
Portland, Oregon 97201
503/295-6422

Cooperative Extension Office
Oregon State University
Corvallis, OR 97331

Oregon Health Division STE950
800 NE Oregon Street #21
Portland, OR 97232-0405

PENNSYLVANIA

American Cancer Society
Philadelphia Division
1422 Chestnut Street
Philadelphia, PA 19102
215/665-2900

American Cancer Society
Route 422 & Sipe Avenue
Hershey, PA 17033-0897
717/533-6144

Cooperative Extension Office
Penn State University
University Park, PA 16802

Department of Health
PO Box 90, Rm. 802
Harrisburg, PA 17108

PUERTO RICO

American Cancer Society
Calle Alverio #577
Esquina Sargento Medina
Hato Rey, PR 00918
809/764-2295

Cooperative Extension Office
University of Puerto Rico
Mayaguez, PR 00708

Department of Health
Building A, Call Box 70184
San Juan, PR 00936

RHODE ISLAND

American Cancer Society
400 Main Street
Pawtucket, RI 02860
401/722-8480

Cooperative Extension Office
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Farmworker Nutrition Education Resource Guide
Reader Evaluation Form

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